Hafa Adai!

Free K-pop concert this Friday and Saturday. PAGE 2

$1K bail for man who allegedly admitted to assaulting wife. PAGE 3

$1

Saipan Tribune

AUTUMN FESTIVAL GUESTS
After two years, the Tokyo Tensuiren dancers have returned to Saipan and are seen here at the Bostonian Bakery booth at the Japanese Autumn Festival last Saturday night at the Paseo de Marianas.
LEIGH GASES

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Man killed in alleged hit-and-run

By KIMBERLY B. ESMORES
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REPORTER

A man was reportedly killed after being hit by a car last Wednesday evening in San Roque, but the Department of Public Safety remains mum on the incident.

Saipan Tribune learned from reliable sources that first responders responded to a call regarding an auto pedestrian crash in San Roque across Kensington Hotel Saipan at around 9:40pm last Wednesday, Oct. 19.

The victim, who is believed

See MAN on Page 4

Jan. 6 panel subpoenas Trump, demanding historic testimony

By FARNOUSH AMIRI and MARY CLARE JALONICK
ASSOCIATED PRESS

Trump

WASHINGTON (AP)—The House committee investigating the Jan. 6 attack on the U.S. Capitol formally issued an extraordinary subpoena to Donald Trump on Friday, demanding testimony from the former president who lawmakers say "personally orchestrated" a multi-part effort to overturn the results of the 2020 election.

The nine-member panel issued a letter to Trump's lawyers saying he must testify, either at the Capitol or by videoconference, "beginning on or about" Nov. 14 and continuing for multiple days if necessary.

The letter also outlined a sweeping request for documents, including personal

See TRUMP on Page 4

Tug-of-war over SOCA

- Yumul resolution eyes SOCA on Dec. 1
- Torres asks Legislature to hold SOCA on Oct. 31
- Manglona believes Senate 'racing' to hold session to grant Torres' request

Yumul

Torres

Manglona

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

Gov. Ralph DLG Torres has cancelled the State of the Commonwealth Address, which was originally

See SOCA on Page 4

Hanwha sells World Resort for $63M to PEF Pactum

By CHO YOON-HEE AND JENNY LEE
PULSE

Editor's Note: Originally published on https://pulsenews.co.kr/view.php?sc=30800020&year=2022&no=929131

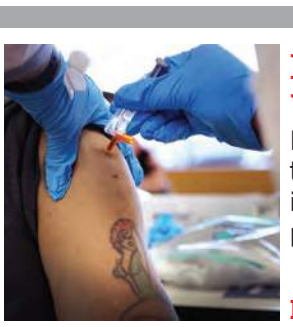
Hanwha Hotels & Resorts has signed a deal worth 90 billion won ($63 million) with Pactum Private Equity to sell its overseas resort operation

See HANWHA on Page 4

INSIDE

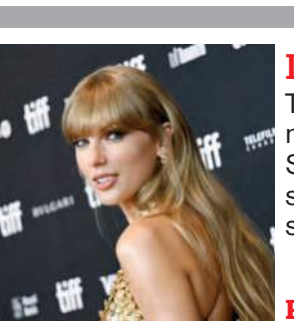
LOCAL
Seventy-four students from Northern Marianas College join the Phi Theta Kappa.

PAGE 12



HEALTH & WELLNESS
Doctors say the best time to prevent the flu is before the virus appears in a community.

PAGE 14



LIFE & STYLE
Taylor Swift's "Midnights" had become Spotify's most-streamed album in a single day.

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SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

Free K-pop concert this Friday and Saturday

By LEIGH GASES
leigh_gases@saipantribune.com
CORRESPONDENT

To strengthen the friendship between Saipan and Korea, Saipan will be hosting free K-pop concert this Friday, Oct. 28, and Saturday, Oct. 29, from 6pm to 8pm at the Tan Ko Palacios Baseball Field in Susupe.

The event, called "2022 Saipan Tourism Fanival," which is dubbed as a U.S-Korea friendship K-pop concert and is free of charge, was announced in a press conference at the Saipan Mayor's Office conference room last week that was attended by Saipan Mayor David M. Apatang and the event's organizers: Hong Kyun Kim, president of P&A Corp.; Ho Joon "Jonathan" Joo, P&A Corp.; and Hyuk Sang Kwon, Winner's Residence.

Concert goers may enter the concert venue starting at 5pm. There will be a 25-person taekwondo team performance on both nights to start off the event. The Korean pop artists that will perform are Artist Korea, Ambition, MegaMax, Witches, Dustin, and MustB. The event will be emceed by Lindsy.

Artist Korea is a b-boy performance group that won the National Assembly Award in South Korea; Dustin is a five-member boy group with powerful choreography and vocals; five members make up MustB, bringing different characteristics of their own; MEGAMAX, combining "MEGA" and "MAX," is a rookie artist that debuted last year; Witches is a global group with unique symbols and charms that can speak four languages—Korean, English, Japanese, and Chinese; and each member of Ambition combines rapping, singing, and dancing in their performances.

The organizing group hopes that this K-pop concert will be the "beginning of a mutual cultural exchange between Korea and Saipan, promoting mutual understanding and trust between Korea and the U.S.

Preparations are set to begin on Tuesday, Oct. 25, with the groups arriving on Thursday, Oct. 27. They are set to leave for South Korea on Sunday, Oct. 30 and Monday, Oct. 31.

"These are all professional entertainers and they're very popular groups. They attract a lot of young kids. We want to thank Mr. Kim here for organizing this," Apatang said.

He also thanked the Northern Marianas Sports Association board for allowing the use of the venue for the event.

Census: Number of poor families in CNMI dropped from 44.4% in '09 to 33.7% in '19

By FERDIE DE LA TORRE
ferdie_delatorre@saipantribune.com
REPORTER

The number of senior citizens or *man'amko* in the CNMI who is 85 years and older totaled 112 based on the 2020 Census, according to a demographic profile of the CNMI that the U.S. Census Bureau released Thursday.

The same shows that there were 748 veterans in the Marianas, and the per capita income in the Commonwealth in 2020 was $13,594, while the percentage of the people with health insurance coverage was 65%.

Sablan

The percentage of families in poverty in the CNMI declined from 44.4% in 2009 to 33.7% in 2019.

Median household income in the CNMI increased from $23,839 (in 2019 inflation-adjusted dollars) in 2009 to $31,362 in 2019.

In October 2021, the U.S. Census Bureau released their census results for the Commonwealth, showing that the CNMI's total population went down from 53,883 in 2010 to 47,329 as of April 1, 2020, which is 6,554 fewer people or a 12.2% drop.

In the Census' profile release over the weekend, it shows that the Asian population was the largest race group, with 22,054 people identifying as Asian alone.

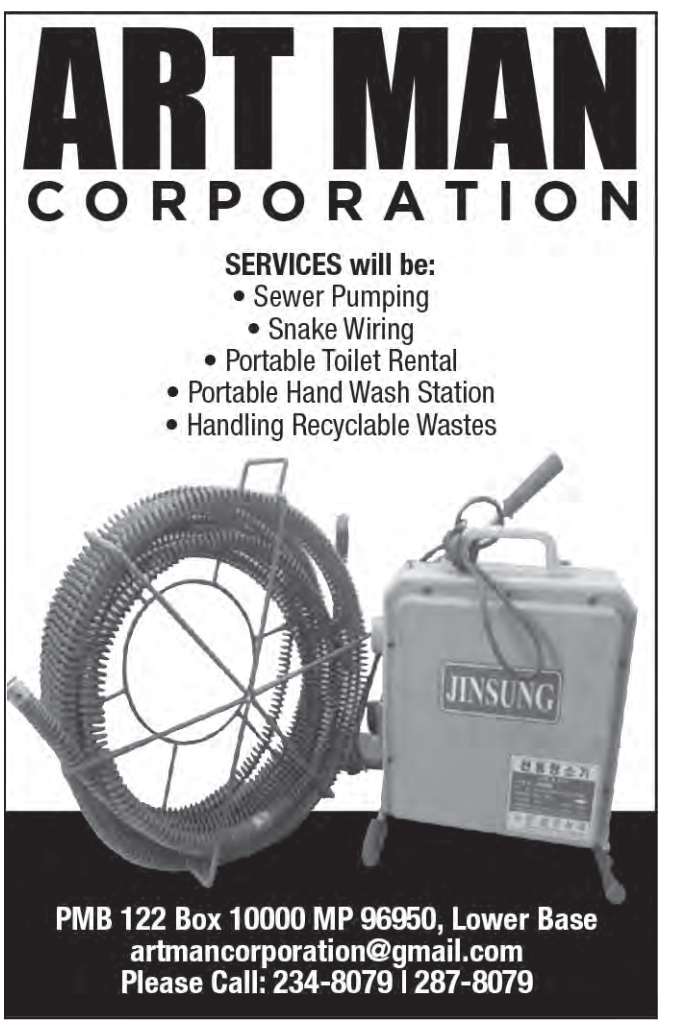
Overall, 25,011 people reported Asian alone or in combination with another race group, such as Native Hawaiian and other Pacific Islander.

The Filipino population was the largest detailed Asian group.

In 2020, 15,456 people identified as Filipino alone, with no additional detailed Asian group or race group. In 2020, 17,719 people identified as Filipino alone or in any combination with another detailed Asian group or race group, such as Korean or Native Hawaiian and other Pacific Islander.

The Native Hawaiian and

See CENSUS on Page 4



$1K bail for man who allegedly admitted to assaulting wife

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Superior Court has imposed a $1,000 cash bail on a man who allegedly told police that he "slapped" his wife once.

Last Monday, Superior Court Associate Judge Joseph Camacho imposed a $1,000 cash bail last week on Michael Satorre Garcia, a man who allegedly told a responding police officer that he "slapped" his wife "but only one time."

Garcia's wife, who was present at the hearing, was given an opportunity to address the court and she stated that she wants to drop all charges against her husband because she needs him to support their two young children.

Garcia's lawyer, assistant public defender Karie Comstock, asked the court to release her client on his personal recognizance.

Chief Prosecutor Chester Hinds argued that the victim should talk to a victim's advocate before the court makes a decision on releasing the defendant to his wife.

After hearing all the arguments made by the parties, Camacho told the parties that he would make a decision after the victim has talked to a victim's advocate.

According to court documents, the victim said that when she went home after dropping off their daughter and a niece, Garcia was seemingly mad at her. The victim said she proceeded to follow Garcia into their bedroom and asked him what the problem was. Garcia then allegedly called her "stupid" and slapped her, she said. She said she felt dizzy and her face was in pain.

After the alleged assault, she sent a message to her brothers and told them to call the police because she said she was scared of her husband.

When police arrived on scene, Garcia told responding officers that the argument was just a normal argument between spouses.

Self-attestation of sex marker in SSN records OK'd

The Social Security Administration now offers people the choice to self-select their sex on their Social Security number record. The agency has implemented this policy change and the new option is now available.

"The Social Security Administration's Equity Action Plan includes a commitment to decrease administrative burdens and ensure people who identify as gender diverse or transgender have options in the Social Security Number card application process," said Kilolo Kijakazi, acting commissioner of Social Security. "This new policy allows people to self-select their sex in our records without needing to provide documentation of their sex designation."

People who update their sex marker in Social Security's records will need to apply for a replacement SSN card. They will still need to show a current document to prove their identity, but they will no longer need to provide medical or legal documentation of their sex designation now that the policy change is in place.

The agency will accept the applicant's self-identified sex designation of either male or female, even if it is different from the sex designation shown on identity documents, such as a passport or state-issued driver's license or identity card. SSN cards do not include sex markers. Currently, Social Security's record systems are unable to include a non-binary or unspecified sex designation. The agency is exploring possible future policy and systems updates to support an "X" sex designation for the SSN card application process. ***(SSA)***

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Prayer to the HOLY SPIRIT

Holy Spirit thou who makes me see everything and show me the way to reach my ideal. You who give me the divine gift to forgive and forget the wrong that is done to me and who are in all instances of my life with me. I, in this short dialogue, want to thank You for everything and confirm once more that I never want to be separated from You no matter how great the material desires may be. I want to be with You and my loved ones in your perpetual glory. AMEN.

(A person must pray this for three consecutive days without stating his/her wish. After the third day, the wish will be granted no matter how difficult it may be. Promise to publish this as soon as your favor has been granted)

Prayer offered by: FPM

Robert Tenorio Torres (F0197)
Attorney at Law
5962 Plata Drive
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Tel: (670) 234-7859 | Fax. (670) 234-5749
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Attorney for Petitioner Julia B. Cameron

IN THE SUPERIOR COURT OF THE COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

IN THE MATTER OF THE ESTATE OF TRINIDAD BENAVENTE CAMERON, Decedent.	Civil Action No.: 22-0211 AMENDED NOTICE OF HEARING AND NOTICE TO CREDITORS Date: November 10, 2022 Time: 10:00 a.m. Judge: Joseph N. Camacho

TO: THE GENERAL PUBLIC, ANY HEIRS, CLAIMANTS, OR CREDITORS OF THE LATE TRINIDAD BENAVENTE CAMERON OR HER ESTATE:

NOTICE IS HEREBY GIVEN that Petitioner Julia B. Cameron has filed a Verified Petition to Admit Estate Into Probate and Appointment of Administratrix, requesting the Court to admit the Estate of Trinidad Benavente Cameron into probate and to appoint Leolanie Benavente Demapan as the Administratrix of the Estate. The attorney for Petitioner is Robert T. Torres, Attorney at Law, whose address is 5962 Plata Drive (Chalan Kiya), P.O. Box 500730, Saipan, MP 96950.

The hearing on the Petition is scheduled to be heard on the date at the time set forth above at the Superior Court of the Commonwealth of the Northern Mariana Islands. All interested persons and entities should appear at the hearing. Any and all persons, creditors, or entities having claims against the deceased or her Estate are hereby required by law to file their claims with the Clerk of Court within sixty (60) days of this publication or claim(s) will be baited. A copy of your claims should also be sent to ROBERT T. TORRES, Attorney at Law, at the address herein indicated.

Dated this 12th day of October, 2022.

/s/
Clerk of Court/Deputy Clerk of Court

Commonwealth of the Northern Mariana Islands
HEALTH CARE PROFESSIONS LICENSING BOARD
P.O. Box 502078, Bldg., 1242 Pohnpei Court
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Tel No: (670) 664-4809 Fax: (670) 664-4814
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Website: cnmibpl-hcplb.net

Pursuant to P.L. 8-41, Section 11, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios, through the Health Care Professions Licensing Board (HCPLB) are hereby giving notice that it will hold its regular monthly board meeting on **Wednesday, October 26, 2022, at 8 a.m.** on Saipan. The meeting will be held at the Administration Building, Governor's Conference Room on Capitol Hill.

AGENDA

I. Meeting Call to Order
II. Determination of Quorum
III. Review and Adoption of Agenda
IV. Review and Adoption of Minutes (09/21/2022)
V. Public Comments
VI. Chairperson's Report
  - Welcoming of new member Board (Dr. Angelica Sabino)

VII. Director's Report
  - Financial Report
  - 2022 Citizen Centric Report
  - Update on office staff

VIII. Investigator's Report
IX. Communications from the Governor's Office & Legislature
  A. Governor's Office
    - Invitation to the State of the Commonwealth Address (SOCA)

  B. Legislature

X. Old Business
  - Proposed regulations for Physicians and Osteopathy
  - HB 22-80 (PSYPACT)

XI. New Business
XII. Pending Applications for Board's Review
  A. New Application
  B. Renewal Application

XIII. Miscellaneous Business
XIV. Executive Session: The Board may vote to meet in executive session to consult with Counsel on pending or anticipated legal matters.
XV. Announcements
  A. Next Meeting Date
  B. Adjournment of Meeting

October is Domestic Violence Awareness Month
THE NORTHERN MARIANAS COALITION AGAINST DOMESTIC & SEXUAL VIOLENCE PRESENTS THE
PURPLE
WAVE, WALK, AND ROLL
TO END DOMESTIC VIOLENCE

FOR MORE INFO:
info@endviolencenmi.org
(670) 234-3878

THURSDAY, OCT. 27, 2022
4:00 PM - 6:00 PM
GARAPAN FISHING BASE
FREE #DVAM2022 T-SHIRTS

4:00 PM – REGISTRATION
4:30 PM – WAVING
5:00 PM – WALK & ROLL

While Supplies Last

JOIN US & AMPLIFY THE MOVEMENT!

This project is supported by Grant No. G-2201MPSDVC awarded by the Administration for Children and Families, US Department of Health and Human Services. The opinions, findings, conclusions, and recommendations expressed in this publication/proposal /exhibitions are those of the author(s) and do not necessarily reflect the view of the US Department of Health and Human Services, Administration for Children and Families.

IN FEDERAL SUIT FILED BY IPI AGAINST CCC

CCC elevates court order to Court of Appeals

By KIMBERLY B. ESMORES
kimberly_esmores@saipantribune.com
REPORTER

The Commonwealth Casino Commission has appealed to the U.S. Court of Appeals for the Ninth Circuit the recent decision of the U.S. District Court for the NMI to grant Imperial Pacific International (CNMI) LLC's request for a preliminary injunction.

The Commonwealth Casino Commission, through assistant attorney general Keisha Blaise, notified the U.S District Court Friday that it has asked the Court of Appeals to review and possibly reverse Chief Judge Ramona Manglona's decision to grant IPI a preliminary injunction and motion to compel arbitration.

The preliminary injunction granted by the District Court for the NMI prohibits the commission from revoking IPI's exclusive casino license while the casino investor pursues its right to arbitration.

An injunction is similar to a temporary restraining order in terms of prohibiting a party, in this case the CCC, from carrying out an action. However, an injunction is a more long-term solution as it prohibits CCC from revoking IPI's license pending arbitration.

Arbitration is essentially a procedure wherein two parties agree on one or more arbitrators to make a decision in their dispute in order to resolve a disagreement outside of court proceedings.

Last August, Manglona granted IPI's motion for preliminary injunction and motion to compel arbitration against CCC.

In an official ordered issued by the court in September, Manglona said she granted IPI's requests because IPI has the right to pursue arbitration pursuant to its casino license agreement and they should be given a chance to do so.

"For the foregoing reasons, the court finds that it has the authority to decide whether IPI has waived its right to arbitrate pursuant to the CLA, and that in this case, IPI has not waived its right to arbitrate as to the allegations in the 2021 complaints, which are the subject of the 2022 revocation hearing before the Commonwealth Casino Commission," the judge said.

"Additionally, IPI must be allowed to arbitrate all disputes on the applicability of its force majeure defense to the allegations contained in the 2021 complaints. The court therefore grants IPI's motion for a preliminary injunction, enjoining the CCC from proceeding with the 2022 revocation hearing based on the 2021 complaints; and grants IPI's motion to compel the CCC to submit to arbitration pursuant to Section 30 of the CLA," Manglona added.

TRUMP

From Page 1

communications between Trump and members of Congress as well as extremist groups. Those are to be turned in by Nov. 4, although the committee's deadlines are generally subject to negotiation.

"We recognize that a subpoena to a former president is a significant and historic action," Chairman Bennie Thompson and Vice Chair Liz Cheney wrote in the letter to Trump. "We do not take this action lightly."

The panel rooted its action in history, listing past presidents from John Quincy Adams to Gerald Ford, who testified before Congress after leaving office—and noted that even sitting presidents have responded to congressional subpoenas.

It is unclear how Trump and his legal team will respond. He could comply or negotiate with the committee, announce he will defy the subpoena or ignore it altogether. He could also go to court and try to stop it.

"We understand that, once again, flouting norms and appropriate and customary process, the Committee has publicly released a copy of its subpoena," David Warrington, a partner with the Dhillon Law Group, which is representing Trump, said in a statement late Friday. "As with any similar matter, we will review and analyze it, and will respond as appropriate to this unprecedented action."

The subpoena is the latest and most striking escalation in the House committee's 15-month investigation of the deadly Jan. 6, 2021, insurrection, bringing members of the panel into direct conflict with the man they have investigated from afar through the testimony of aides, allies and associates.

In the letter, the committee wrote about the "overwhelming evidence" it has assembled, showing Trump "personally orchestrated" an effort to overturn his defeat in the 2020 election, including by spreading false allegations of widespread voter fraud, "attempting to corrupt" the Justice Department and pressuring state officials, members of Congress and his own vice president to change the results.

SOCA

From Page 1

scheduled for last Friday, and reset it to Oct. 31. But House of Representatives floor leader Rep. Ralph N. Yumul (R-Saipan) has pre-filed a joint resolution to instead hold the SOCA on Dec. 1, 2022.

Torres requested the Legislature last Wednesday to convene in a joint legislative session to receive the SOCA at the Kensington Hotel on Oct. 31.

That same day, Wednesday, Senate President Jude U. Hofschneider (R-Tinian) called for a regular session in the Senate chamber for today, Monday, at 1pm. On the agenda is the governor's request to convene a joint legislative session for SOCA.

Yumul, however, pre-filed Thursday House Joint Resolution 22-18 to call for a joint session of the Legislature to receive Torres' SOCA on Dec. 1.

On Thursday, House Speaker Edmund S. Villagomez (Ind-Saipan) also called for a regular session for today, Monday, at 9am in the House chamber.

Hofschneider then canceled Friday the Senate's session for today, at 1pm. He did not indicate the reason. Yesterday, though, he rescheduled the session for today, but this time at 8am and not 1pm as he had originally set.

The CNMI Constitution directs the governor to report annually to the Legislature on the affairs of the Commonwealth and any new measures that are necessary or desirable for the Commonwealth. The last time the Legislature held a joint session to receive the SOCA was March 31, 2017.

Yumul is proposing that the House, with the Senate concurring, to have a joint session on Dec. 1 at 10am in the House chamber, to receive the governor's annual SOCA.

When asked why he chose Dec. 1, Yumul said the House leadership agreed on a date following the Nov. 8 general elections.

Sen. Paul A. Manglona (Ind-Rota) said yesterday that Hofschneider's memorandum issued at 7am yesterday calling for a Senate session today at 8am not only violates the Open Government Act, but is also an obvious move that the Senate is "racing" to hold a session before the House holds its session today at 9am.

Manglona pointed out that the Senate president sent out Wednesday a memorandum, calling for a session today at 1pm. That was canceled Friday afternoon, though, after receiving notice of the House's call for session. Manglona said with this cancellation, he was under the assumption that the Senate was taking the high road and will support the House joint resolution to hold the SOCA on Dec. 1.

He said it now seems that the Senate wants to hold its session today just so that they can pass a resolution to have the SOCA on Oct. 31, granting the governor's wish.

"The Senate should stop this political gamesmanship. We do not work for the governor and grant his every request. We should not be rubber stamp public servants of the administration," Manglona said.

Torres was originally set to deliver the SOCA last Friday at 10am at the Kensington Hall of the Kensington Hotel Saipan.

On Tuesday, Rep. Christina E. Sablan (D-Saipan) were among the Democrat House members who questioned Torres' SOCA that was supposed to be delivered Friday, saying there was no joint session by the House and the Senate, and that the venue is at one of the most expensive hotels in the CNMI.

On Wednesday, Torres said in communication with the Legislature, SOCA will be rescheduled for Oct. 31 at 10am at the same venue: Kensington Hall of the Kensington Hotel Saipan.

HANWHA

From Page 1

Saipan World Resort as part of its restructuring efforts to dispose unessential assets.

According to the investment banking industry on Wednesday, Hanwha Hotels & Resorts under Hanwha Group sold Saipan World Resort on Saipan for around 90 billion won to Pactum PE, a Korean PEF selected as a preferred bidder early this year. They signed the sales and purchase agreement last month and paid the price this month, according to sources.

Pactum PE created a fund jointly with another small local PEF Bailey Private Equity to finance the deal. It also invited Seolhaeone, a local resort firm operating a high-end resort and country club in Yangyang, Gangwon province, as a strategic investor, as well as NH PE-led blind fund as a financial investor. Seolhaeone expects great synergy with its resort and tourism business from its latest investment in the resort on Saipan.

Hanwha acquired Saipan World Resort from World Construct at 30 billion won in 2009. In 2019, it attempted to sell the premium resort with a convenient location from the international airport to focus on its core businesses. The pandemic has delayed the sale process but it resumed this year following the border reopening.

The buyer, Pactum PE, plans to enhance travel packages, including golf courses, ocean sports, and family-oriented programs, to raise the occupancy rate of Saipan World Resort to the pre-pandemic level of over 100%.

The PEF, founded in 2020, manages six portfolio investments worth 560 billion. It is the second-largest shareholder for Kakao VX and Seoul Auction Blue.

MAN

From Page 1

to have been Melvin T. Sakisat, was reportedly hit by what is believed to be a pickup truck on his way to work on the evening of Oct. 19. Sources claim the incident was a hit-and-run but DPS has yet to confirm any details of the fatal incident.

It was learned that the victim was transported to the Commonwealth Health Center at around 10pm but succumbed to his injuries at around 12am. Sakisat was officially pronounced dead at around 12:53am.

Saipan Tribune tried to obtain more information from DPS but it has yet to issue a statement as of 6pm press time. It was learned that the incident is still under investigation.

Since the accident, family members of Sakisat started a GoFundMe account to help raise funds for the victim's funeral. For those interested in donating, you may visit the GoFundMe account at https://www.gofundme.com/yedaa-funeral-expenses.

According to family members of the deceased, Sakisat is survived by his daughter, Lina, and siblings: Molly, Eda, Jerome, Julian, and Peter.

Sakisat, a cancer survivor who fought the good fight for six years, is an advocate of the Commonwealth Cancer Association.

"With his determination and commitment to share his experience and spread awareness, he became an advocate in the Commonwealth Cancer Association as a spokesperson, touching the community's hearts and encouraging patients battling cancer to keep fighting. Our beloved late Melvin T. Sakisat's memory will live on and forever remain in the hearts he touched," said the family in its GoFundMe statement.

"Melvin [was] a generous person and a loving father to Lina Sakisat. He brought many joys around him and touched many hearts through his kindness and cheerful personality. A remarkable man, a father, a friend, and most significantly, a brother," the family added.

CENSUS

From Page 2

other Pacific Islander population was the second-largest race group, with 20,665 people identifying as Native Hawaiian and Other Pacific Islander alone.

Overall, 23,795 people reported Native Hawaiian and other Pacific Islander alone or in combination with another race group such as Asian.

The Chamorro population was the largest detailed Native Hawaiian and other Pacific Islander group.

In 2020, 12,001 people identified as Chamorro alone with no additional detailed Native Hawaiian and other Pacific Islander group or race group.

In 2020, 17,163 people identified as Chamorro alone or in any combination with another detailed Native Hawaiian and other Pacific Islander group race group, such as Palauan or Asian.

The next largest race groups were White alone, Black or African American alone, some other race alone, and American Indian and Alaska Native alone.

The multiracial population (also referred to as the Two or More Races population) was 3,453.

The Hispanic or Latino (of any race) population was 554.

Delegate Gregorio Kilili C. Sablan (D-MP) stated in his *e-kilili* newsletter over the weekend that this latest Census release has much more detail about the people of the Marianas, including racial and ethnic composition, educational attainment and languages spoken, and homeownership, percentage of families in poverty, and other economic data.

"This information will be important in determining the Marianas' share of federal funding for health care, schools, transportation, and other essential services over the next 10 years," Sablan said.

The U.S. Census Bureau conducted the decennial census in partnership with the Island Areas governments in compliance with Title 13 of the U.S. Code and to meet the specific data needs of the Island Areas.

Cantor reaffirms US commitment to US Virgin Islands

U.S. Department of the Interior assistant secretary for Insular and International Affairs Carmen G. Cantor has completed her first official visit to the U.S. Virgin Islands where she met with Gov. Albert Bryan and other island leaders to emphasize the agency's commitment to the people of the territory.

"My discussions with leaders in the Virgin Islands have been focused on efforts related to tourism and the revitalization of the economy post-COVID-19 as well as ongoing efforts to manage disaster recovery assistance," said Cantor. "We at the Department of the Interior remain committed to supporting the people of the U.S. Virgin Islands and will continue to support them in all the ways that we can."

Cantor met with Gov. Albert Bryan, U.S. Attorney Delia Smith, Federal Emergency Management Agency USVI director Kristen Hodge, and USVI Office of Disaster Recovery director Adrienne Williams.

Cantor also met with David Hall, president of the University of the Virgin Islands, to learn more about the university's efforts and the recent support provided by the Office of Insular Affairs for the university to conduct an oceanographic method and modeling project to monitor and document Sargassum accumulation and to assess water and environmental quality in key coastal locations.

The assistant secretary also met with Virgin Islands Hotel and Tourism Association president Lisa Hamilton, National Park Service superintendent Nigel Fields, superintendent of the St. Croix National Parks Angelita Alvino, and the USVI director of Fish and Wildlife Service Michael Evans with visits to the Virgin Islands Territorial Emergency Management Agency Fusion Center and Limetree Bay.

In fiscal year 2022, OIA provided the USVI with nearly $3 million in Technical and Maintenance Assistance Program; $3.4 million under the Energizing Insular Communities program; $571,306 in Bipartisan Infrastructure Law funding; and $378,339 under the Coral Reef and Natural Resources Initiative. OIA also provides support to the USVI through the Executive Leadership Development Program and the Island Government Finance Officers Association managed under the Pacific and Virgin Islands Training Initiatives. More information about the U.S. Department of the Interior's Office of Insular Affairs can be found at www.doi.gov/oia.

The assistant secretary for Insular and International Affairs and the Office of Insular Affairs carry out the Secretary of the Interior's responsibilities for the U.S. territories of American Samoa, Guam, the CoNMI, and the U.S. Virgin Islands. Additionally, OIA administers and oversees federal assistance under the Compacts of Free Association to the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau. OIA also administers a discretionary Technical Assistance Program for all the insular areas. Find information about OIA and its work on www.doi.gov/oia, Facebook, Twitter, Instagram, and YouTube. ***(PR)***

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS

AIRLINE STAIRS & AMBULIFT MAINTENANCE SERVICE AND REPAIRS
FRANCISCO C. ADA/SAIPAN INTERNATIONAL AIRPORT
PROJECT NO. CPA-RFP-001-23

Notice is hereby given that the Commonwealth Ports Authority ("the CPA") is accepting sealed proposals, subject to the terms and conditions of this Request for Proposal ("the RFP") and other contract provisions, for awarding a contract to provide maintenance, service, and repairs to its airline stairs and ambulift truck at the Francisco C. Ada/Saipan International Airport. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and/or products that cannot be evaluate by price alone (NMIAC § 40-50-225 (a)).

The Proposal Package is available for pick-up beginning October 10, 2022, at the Office of the Executive Director, 2nd Floor, Arrival Building, Francisco C. Ada/Saipan International Airport. Bidders must submit all required documents listed in the RFP Package. All responses to this RFP shall take into account any and/or all costs that will be charged the proposer awarded for this project. Proposers shall also take into consideration all necessary badging requirements and fees for this project.

Questions regarding this procurement should be submitted in writing to Christopher S. Tenorio, Executive Director, Commonwealth Ports Authority either by facsimile, or email cpa.receptionist@pticom.com with copy to atudela@cnmiports.com. on or before October 28, 2022.

All proposals shall be sealed and marked on the cover package outside as follows: "Airline Stairs & Ambulift maintenance service and repairs, Francisco C. Ada/Saipan International Airport /RFP-001-23". One (1) original and two (2) copies of the proposal must be submitted no later than **4:00 p.m. Local Time, November 11, 2022**, to the Office of the Executive Director at the Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the submittal deadline shall be rejected and returned unopened.

The Commonwealth Ports Authority reserves the right to reject any or all proposals submitted for; (a) any of the reasons set forth in this RFP; (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid/proposal rejection or cancellation; or (c) sufficient justification exists that awarding the proposal would not be in the best interest of CPA. The CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would not be in CPA's best interest.

All proposals shall become the property of the Commonwealth Ports Authority. This RFP shall be executed as per the CPA Procurement Regulations.

FOR THE COMMONWEALTH PORTS AUTHORITY

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date 10/10/2022

COMMONWEALTH PORTS AUTHORITY

Main Office: Francisco C. Ada/Saipan International Airport
P.O. Box 501055 Saipan MP 96950-1055
Phone: (670) 237-6500/1 | Fax: (670) 234-5962
E-mail: cpa.admin@pticom.com
Website: https://cnmiports.com

JOB VACANCY ANNOUNCEMENT # 06-2022

Opening date: October 06, 2022 **Closing date: October 27, 2022**

Location: SAIPAN	**SALARY**
Positions: (1) ARFF General Maintenance	PL 3/1 to 3/12 ($8.01/hr. to $13.70/hr.)
(1) ARFF Mechanic II	PL 6/1 to 6/12 ($9.27/hr. to $15.85/hr.)
(1) Custodial I	PL 1/1 to 1/12 ($7.26/hr. to $12.42/hr.)
(1) AOA Controller-I	PL 5/1 to 5/12 ($8.83/hr. to $15.10/hr.)
Location: ROTA	**SALARY**
(3) Ports Police/ARFF Trainee	PL 5/1 ($8.83/hr.)
Location: TINIAN	**SALARY**
Positions: (2) General Maintenance I	PL 2/1 to 2/12 ($7.63/hr. to $13.04/hr.)

Employment Application must be accompanied with a copy of all required diploma/certificates and/or official sealed transcripts, original copy of recent police record not more than six (6) months old, original copy of U.S. Department of Defense Form DD214 for retired members or veterans of our Armed Forces, and other documents as required for the position. Public Law 11-70 requires that all male applicants age 18 to 25 years old must submit documentation evidencing his registration with the Federal Selective Service System. All applications and required documents must be submitted to the ***CPA Administration Office, 2nd Floor Arrival Building, Francisco C. Ada/Saipan International Airport or CPA Administration Office Tinian International Airport or Benjamin Taisacan Manglona International Airport***. Failure to provide any of the required documents will result in automatic disqualification. Certain vacancies may require written and/or physical test. Selected applicants will be subjected to pre-employment drug screening, 10-year Criminal History Record Check and 49 CFR Part 1542.209(d) Requirements. CPA reserves the right to waive or implement other qualifications to meet its needs. The deadline for submission of applications and required documents to the CPA Administration Office (Saipan) or at the Tinian International Airport or Benjamin Taisacan Manglona International Airport is no later than **5:00 P.M. on Thursday, October 27, 2022**.

Detailed information on qualifications and position descriptions for the above positions may be picked up along with the application form from Monday-Friday, 8:00 A.M. to 5:00 P.M., except on holidays, at the CPA Administration Office (2nd Floor) of the Francisco C. Ada/Saipan International Airport, Arrival Terminal or CPA Admin. Office at the Tinian International Airport or at the Benjamin Taisacan Manglona International Airport. For additional information, please contact the CPA Human Resources Office by email at lorna.tenorio@cnmiports.com or by phone at (670)237-6500.

CPA is an Equal Opportunity Employer and CPA hires those who are legally entitled to employment in the CNMI.

CHRISTOPHER S. TENORIO
Executive Director

Commonwealth of the Northern Mariana Islands
OFFICE OF THE GOVERNOR
Bureau of Environmental and Coastal Quality
Division of Coastal Resources Management
P.O. Box 501304, Saipan, MP 96950
Tel: (670) 664-8300; Fax: (670) 664-8315
www.dcrm.gov.mp

Eli D. Cabrera
Administrator

Richard V.Salas
Director, DCRM

MEETING OF THE CRM AGENCY OFFICIALS

Pursuant to Public Law 8-41, Section 11, Governor Ralph DLG. Torres and Lt. Governor Arnold I. Palacios through the Division of Coastal Resources Management (DCRM) hereby give notice that a CRM Agency Officials meeting will be held on **Thursday, October 27, 2022 at 10:00AM** at the DCRM Learning Center, Suite 301, Gualo Rai Center II, on Chalan Pale Arnold Road in Lower Gualo Rai, Saipan.

To minimize the threat of COVID-19 and to ensure the health and safety of all, virtual public participation will continue and encouraged via video conferencing through Zoom link: hhtps://zoom.us/j (Meeting ID: 6706648315) or join via telephone by calling the DCRM office at (670) 664-8300 for connection assistance and most updated information as Zoom meeting access code may change.

AGENDA

I. PRELIMINARY MATTERS
   A. Call to Order
   B. Roll Call
   C. Adoption of Agenda
   D. Adoption of October 13, 2022 Meeting Minutes
II. PUBLIC COMMENTS
III. PERMIT APPLICATION REVIEW
   1) CRM Permit Application No. SMS-2022-0566
   Project: AK TOYOTA LEXUS DEALERSHIP FACILITY
   Applicant: ATKINS KROLL (SAIPAN), INC.
   Atkins Kroll Saipan, Inc. is proposing to construct its new headquarters building and a Toyota-Lexus Dealership facility in Puerto Rico, Saipan. The project is situated on Lot No. E.A. 896-R2, measuring a total area of about 15,000 square meters, more or less, which borders with Route 30, Chalan Pale Arnold to the northwest, the U.S. Army Reserve complex, a vacant parcel to the northeast, the ANAKS Ocean View Condominiums to the east, and the Marianas Heights commercial buildings on the south side of the property. The project includes auto dealership area and parking, auto parts and services, sales offices, storage and working areas, conference rooms, vehicle showrooms, lounge areas, breakrooms, and restrooms. A large customer parking area will be provided with ADA compliant parking stalls, drive pathways, retaining walls, site illumination and site security networks, pedestrian pathways, and vegetative decors.
   a. Agencies' Discussion
   b. Agencies' Final Determination
IV. OTHER MATTERS
V. ADJOURNMENT

All interested persons are welcome to attend and submit written or oral testimony regarding the above agenda items. (Note: Pursuant to Public Law 8-41, Section 13(a) and Section 13(c), the Board may vote to meet in executive session).

/s/ RICHARD V. SALAS
Director, DCRM

Commonwealth of the Northern Mariana Islands
Office of the Secretary of Public Works
2nd Floor Oleai Joeten Commercial Center, Saipan, MP 96950
10/18/2022

NOTICE TO ADJACENT LANDOWNERS ALONG THE ROUTE 33 BEACH ROAD FROM AK TOYOTA TO AMERICAN MEMORIAL PARK

(This notice is paid by NMHC with HUD Funds.)

CRM APPLICATION NO: SMS-2022-062
PROJECT: ROUTE 33 (BEACH ROAD) PHASE 3 & 4 REPAIR PROJECT
APPLICANT: DEPARTMENT OF PUBLIC WORKS (DPW)

The Department of Public Works (DPW), in cooperation with the U.S. Department of Housing and Urban Development (HUD) Community Development Block Grant Disaster Recovery (CDBR-DR) is proposing to repair the roads along Route 33 (Beach Road) on the Northwestern side of Saipan.

PROJECT BACKGROUND
Beach Road Phase 3 & 4 is approximately 16,323 feet or 3.09 miles that stretches from former MVA office Station 185+50 to American Memorial Park (Station 348+73). The main objectives of the Department of Public Works (DPW) are to build the road safer for motorist by road repair, anti-skid overlay and installation of new pavement markers.

The scope of work encompasses asphalt pavement reconditioning on the affected areas that are identified showing base failure will be repaired by removing, excavating, backfilling basecourse 8-inch thick and paving with new 3-inch thick asphalt within the 3.09 miles.

Overlay Dense Graded Anti-skid Pavement 1-inch thick from AK Toyota Intersection to the American Memorial Park on top of the repaired asphalt pavement. Drainage infiltrators and catch basin at near star water company. Adjustment of water and sewer manholes to match with the new grade elevation. Installation of new pavement markers on the new pavement overlay.

Written comments can be submitted by mail to the Division of Coastal Resources Management, P.O. Box 501304, sent by fax to 664-8315, or emailed to permitting@dcrm.gov.mp. Please contact the DCRM at 664-8300 if you have any questions or would like to learn more about the Route 33 Road Repair project.

PROPOSED ROUTE 33 (BEACH ROAD), PHASE 3 & 4 REPAIR
Total Length = 3.09 miles

/s/ JAMES A. ADA
Secretary
Department of Public Works

SCC November meeting to focus on CW update, CNMI Blue Ribbon Initiative

The monthly general membership meeting of the Saipan Chamber of Commerce will be on Wednesday, Nov, 2, 2022, from 11:30am to 1pm at the Hyatt Regency Saipan Ballroom.

This November's meeting, the Chamber will be having its 2023-2024 board of directors election. Ballots will be distributed at the door. Number of votes depend on your company's category. Government, Non-profit, Start-up, Associates, & Cat. A are entitled to one vote. Cat. B is entitled to two votes. Cat. C is entitled to three votes. Cat. D is entitled to four votes. Cat. E is entitled to five votes.

Spotlight presentation speaker for the event is SCC director Alex Sablan, who will share the CW status updates in the CNMI.

In addition, CNMI Blue Ribbon vice chair Donna Krum will share what the CNMI Blue Ribbon Initiative is.

Lunch will be served at 11:30am and the meeting will begin promptly at noon. The luncheon fee is $25/ Chamber member and $35/ non-member. To reserve or for more information, contact the Chamber office at (670) 234-7150 or email coordinator2@saipanchamber.com. ***(PR)***

Water service outage in parts of Kagman 3

There will be a scheduled water service interruption on Wednesday, Oct. 26, 2022, from 8:30am to 4:30pm in portions of Kagman 3, specifically for Commonwealth Utilities Corp. customers located on Pine Drive, Lalanghita Road, Chopak Drive, Dyer Fig Street, Sour Plum Street, Puteng Road, Ladda Street, and Iron Wood Street.

This will allow CUC water operators to replace and repair an inoperable pressure reducing valve behind the Kagman High School. Customers should expect restoration of water services soon after the repairs.

CUC appreciates the public's cooperation and understanding as we continue to provide reliable service to the people of the CNMI.

CUC continues to work diligently to minimize any inconvenience to its customers. For more information, contact the CUC Hotline (236-4333) or monitor our Facebook page for the latest updates (https://www.facebook.com/CommonwealthUtilitiesCorporation/). ***(PR)***

P0..O. BOX 10001 PMB 326
SAIPAN, MP 96950

500 SAILS

500 SAILS

REQUEST FOR STATEMENT OF QUALIFICATIONS
EDA GRANT NO. 07-79-07817

NORTHERN MARIANA ISLANDS MARITIME TRAINING CENTER
500 SAILS-2022/RSQ-001

500 Sails, located in the Commonwealth of the Northern Mariana Islands, is soliciting bids from qualified vendors that are interested in providing professional services for the design and construction management for the Northern Mariana Islands Maritime Training Center (aka Cultural Maritime Training Center or CMTC).

The EDA funded project proposed is a renovation of a 30,900 sq ft warehouse that is in generally good condition and currently in use as a boatyard and teaching facility, and administrative offices. The renovation does not change the footprint of the warehouse. The renovation includes construction of a classrooms and offices area, roof repairs, replacement of warehouse doors and windows, the selection and installation of air conditioning and air circulation for the entire facility including air filtration and exhaust, selection and installation of an overhead crane, and the installation of multiple delivery points of compressed air, vacuum hookups, and electrical outlets within the boatyard/shop floor.

The Scope of Work is available beginning October 24, 2022 at 9:00am Chamorro Standard Time (ChST) at the 500 Sails Boatyard and Administrative office, located in Lower Base, Saipan. Requests may be sent via email to nmimtc@500Sails.org.

A mandatory on-site pre-proposals conference will be held at the 500 Sails boatyard on November 3, 2022 at 4:00pm ChST.

All questions or inquiries regarding this RSQ are due no later than 9:00pm, ***November 4, 2022 by email only***. Responses to questions or inquiries will be provided on November 11, 2022.

Sealed proposal for this project shall be submitted with one (1) original and four (4) copies to the 500 Sails Boatyard and Administrative Office, located at in Lower Base, Saipan, MP 96950 no later than 3:00pm, local time, ChST, November 14, 2022 and must be marked **"Proposal - Northern Marianas Maritime Training Center 500 Sails-2022-RSQ-001".**

Electronic submissions may be accepted if approved prior to the submission deadline.

Failure to follow the instructions regarding the submission of RSQ Responses may result in 500 Sails' choice to disqualify such bids.

Pete Perez
Executive Director

Attention CNMI Government Employees, Retirees and Surviving Spouses

It's Open Enrollment time

Open enrollment runs Monday, October 24 - Friday, December 09

Our goal is to provide you with access to the highest levels of care and support possible through our:

- Strong local presence, in partnership with Pacifica Insurance Underwriters, Inc.
- Comprehensive global resources and access to care
- 24/7 Member Service Support

Your health and safety are paramount.

- Visit our website listed below to view your Open Enrollment material and enrollment/ change of status form to help you choose the best plan for you and your loved ones
- Open Enrollment support is available by phone and in-person

Retiree, In-Person Educational Seminar

Attention Retirees: **In-Person Educational Seminars**
Location: **Ada Gym's Conference Room**
Dates: **November 2nd & 3rd**
Times: **9:30AM - 11:30AM**

Current Members: If you're satisfied with your current plan and coverage, you DO NOT need to submit an enrollment form.

- New GHLI-CNMI Members MUST complete an enrollment form and submit to your respective Agency.
- For Open Enrollment inquiries, contact Pacifica locally at: **670-234-6267** Monday — Friday, 8 AM-5 PM
- For non-OE related inquiries, contact our Member Service Center 24/7 at: **800-231-7729**

Websites to help you choose a plan:

- Aetna International: **www.AetnaInternational.com/cnmi-ghli**
- CNMI Dept of Finance: **https://finance.gov.mp**
- Pacifica Insurance Underwriters, Inc.: **www.pacificains.com/ghlit**

Deliver your Form and any required documentation:

- Active employees: to your respective Agency or Department of Human Resources
- Retirees and surviving spouses: to Pacifica located in the Joeten Shopping Center, Insatto St., Susupe

Open enrollment runs Monday, October 24 -Friday, December 09, 2022.

AetnaInternational.com

1377557-01-01 (10/22)

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Opinion

Hafa Adai!
Saipan Tribune
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EDITORIAL

After decades of discriminatory enforcement, rethinking marijuana laws is long overdue

President Joe Biden has taken the first steps to move beyond more than 50 years of failed drug policy. Earlier this month, the president directed his administration to begin the process that would remove marijuana from the list of the most dangerous illicit drugs, which includes heroin and LSD, and effectively eliminate a federal ban on using cannabis.

It is about time.

Ever since President Richard Nixon signed the Controlled Substances Act in 1970 and launched the war on drugs, Americans have suffered the consequences—especially people of color. Black people are six times more likely to be incarcerated on drug charges than their white counterparts, even though both groups use drugs at roughly the same rate.

The American Civil Liberties Union has called the drug war "the New Jim Crow," a view validated by former Nixon aide John Ehrlichman's admission that the Nixon White House "had two enemies"—activists opposed to the Vietnam War and African Americans.

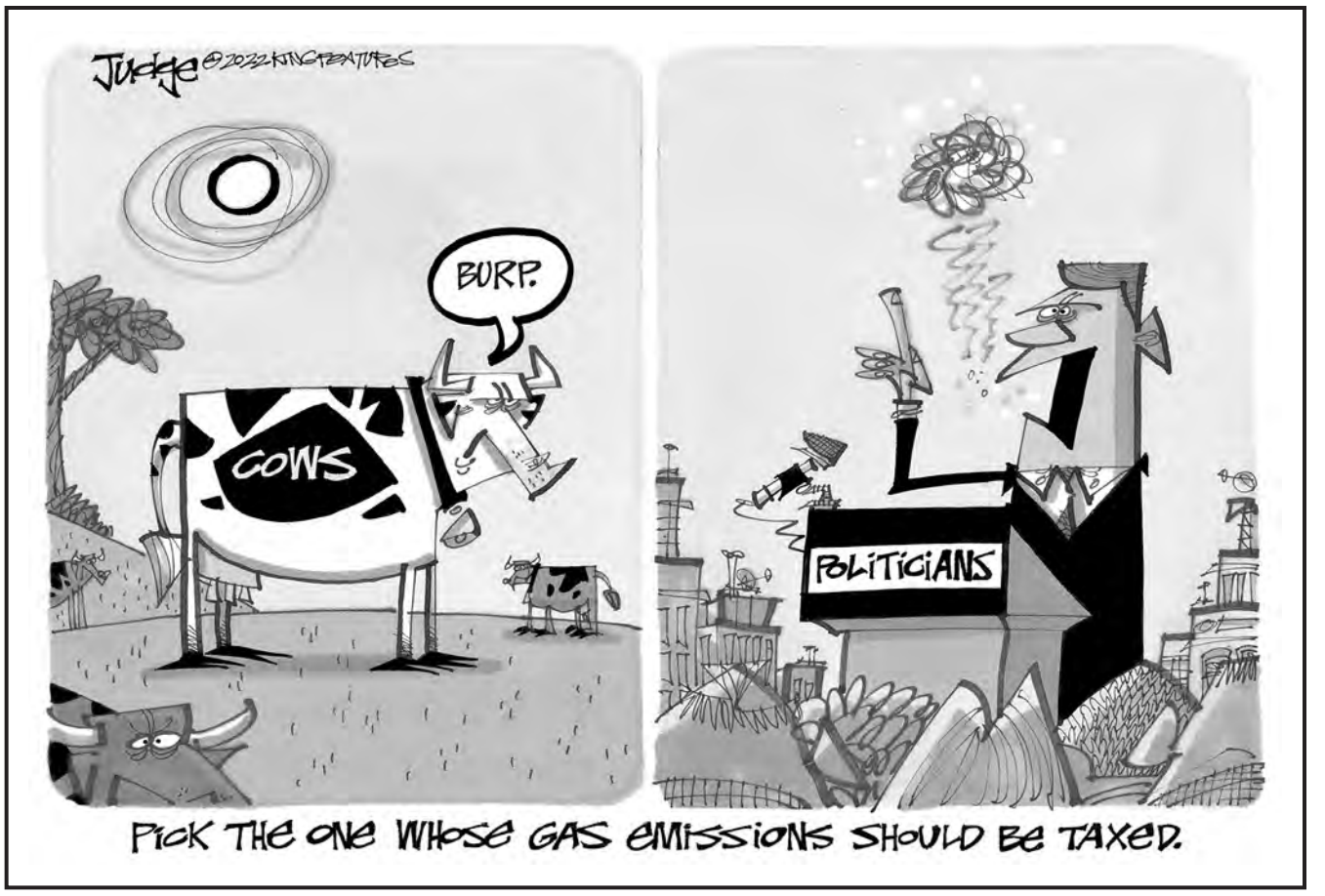
"We knew we couldn't make it illegal to be either against the war or Black," Ehrlichman said in a 1994 interview with the journalist Dan Baum. "But by getting the public to associate the hippies with marijuana and Blacks with heroin, and then criminalizing both heavily, we could disrupt those communities. We could arrest their leaders, raid their homes, break up their meetings, and vilify them night after night on the evening news. Did we know we were lying about the drugs? Of course we did."

Ultimately, the war on drugs put millions of Americans in jail, and cost taxpayers billions of dollars to pay for policing and prevention efforts. And through it all, millions of Americans continue to use illegal drugs anyway, with marijuana by far the most popular. Banning drugs simply hasn't worked.

Other efforts to rethink drug laws, like Philadelphia's decriminalization campaign, Pennsylvania's medical marijuana program, and the legalization of recreational cannabis in New Jersey were undermined by the federal prohibition. Marijuana's place on the so-called "Schedule I" list of the most dangerous drugs compels cannabis dispensaries to do business in cash and muddles regulation efforts. It also creates hurdles for scientific studies of the drug.

While supporters of continued marijuana restrictions have pointed to the potential side effects of heavy marijuana usage, such as depression and schizophrenia, it is partially due to generations of prohibition that we know less than we could about how cannabis affects the brain.

See DECADES on Next Page



New COVID strains are coming. It's no time to let down our guard

By DIPTI S. BAROT
LOS ANGELES TIMES

Winter is coming, and so are new COVID-19 variants. Based on the last two years, expect a botched national response when, not if, the winter surge comes.

Highly transmissible new COVID-19 variants such as BQ.1.1 and XBB are capable of overcoming immunity from prior omicron infections and are resistant to antibody-based treatments, rendering two of our best defenses far less effective.

New estimates by public health experts indicate that if we deploy a robust updated COVID-19 booster campaign that vaccinates 80% of those eligible by year's end, we would "prevent approximately 90,000 deaths, more than 936,000 hospitalizations, and avert $56 billion in direct medical costs over the course of the next six months." But that's not happening. More than a month after rollout, only 4% of eligible Americans had received these updated boosters.

It's not only the American people who are unprepared for the coming wave of infections. The medical system is on track to be more understaffed this winter than ever before. With an exodus of 500,000 nurses expected by the end of the year, the national shortfall of nurses would hit 1.1 million. Now is not the time to get sick.

And yet our national pandemic response continues its retreat. In California, Gov. Gavin Newsom announced on Monday that he will end the COVID-19 state of emergency in February, after almost three years.

The federal government has shoved the responsibility of calculating individual risk onto each citizen and left public health to the masses. You see the result in schools, workplaces, restaurants, airplanes and grocery stores. The push for distancing, masking, better ventilation, screening, testing and basic safety measures has all but disappeared in most of these places.

The rush to get masks off in places frequented by the highest-risk individuals, like nursing homes and hospitals, is particularly appalling. So is the trend in recent months of doctors themselves gathering indoors, with few masks. Colleagues of mine have reported back from various superspreader medical conferences across the nation.

Even many who know better aren't taking the simplest steps to end this pandemic and save lives. The president himself is touting the false narrative that "the pandemic is over."

It isn't.

About 2,600 Americans have died of COVID in the last seven days. Some use the 9/11 unit of measure to reflect the scale of the tragedy. I prefer to think about all the kids I went to high school with, our teachers and the staff, and then imagine all those people disappeared out of those buildings, the quad, those hallways. This is the national weekly reaping that is our COVID response. The weekly empty high school, the weekly—insert your preferred unit of horror. The pandemic is not over.

People over 75 make up more than 70% of deaths. In California, Black residents have the highest rate of dying, independent of their age. They are among those who have clearly been deemed disposable demographics by our government.

The only people for whom COVID-19 is truly over are the thousands who die each week because of it.

As a doctor to vulnerable patients, as an immunocompromised person myself, as a daughter of cancer patients, I cannot accept this as a new normal. I know I am not the only one who has loved ones on chemotherapy, people I care about with organ transplants, with Crohn's, with multiple sclerosis, with beloved elders and newborn babies they wish to protect.

If the federal, state and local governments are just going to gaslight the most vulnerable among us to an early death, we all have to undertake what amounts to an act of rebellion—pushing back against the "COVID is over" narrative.

Refusing to be gaslit doesn't mean ignoring the reality that most people have already moved on. Pandemic fatigue is real. It's also a luxury that the vulnerable cannot afford.

A few weeks ago, my parents received their second dose of the monoclonal antibody combination, Evusheld, used for high-risk patients as a prophylaxis against COVID-19. This week, I took them to get the new COVID-19 booster. I might take them next week to their grandchild's water polo game, where the sign next to the indoor pool requests that everyone wear masks. We will, again, most likely be the only masked spectators. Here, like seemingly everywhere else, we will have to rely on one-way masking because government and businesses have quietly dropped other tools that proved valuable earlier in the pandemic, such as screening, ventilation improvements and masking requirements.

These institutions have made a grotesque calculation to condemn a certain sector of the population to avoidable deaths.

A more humane and sane calculation is easy to envision: a huge push for vaccinations, free testing and therapeutics and preventive treatments, universal masking in settings with high-risk populations, better air filtration for shared spaces.

There has never been a great time to be medically vulnerable in the U.S., but when even such simple measures aren't being taken, the value placed on these lives has unquestionably hit a new low.

We don't have to roll over and accept it.

Dipti S. Barot is a primary care doctor at a clinic in the San Francisco Bay Area. @diptisbarot

EDITORIAL POLICY Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Hunger, a national and American security challenge

America is one of the richest nations on Planet Earth. America has led the way on creating new industries, producing national wealth, generating jobs, taking the lead in ventures in space and in maintaining a world-class military.

America has also produced systemic inequities that span across the human, cultural, and social spectra. When it comes to the basic necessities of life in America and its colonies, food and access to nutritious food has been and remains a monumental challenge. About 35 million citizens are food insecure today, including 9 million kids. Food insecurity impacts every segment of the American imperial landscape, especially rural populations and populations that are relatively less advantaged.

The Biden administration is taking on the American hunger challenge. The Biden administration held a conference on hunger, health and nutrition recently, which was the first presidential administration to sponsor such a conference in almost half a century. The president wants to end hunger throughout America by 2030. Can he do it?

What the President is focusing on

The president has five focus areas when it comes to taking on hunger across this vast imperial nation. The first area is food affordability and access. This focus area comprises 23 different initiatives. These initiatives are being led by states, nonprofits, for-profit companies, and university systems all for the purpose of helping poor people have greater access to healthy foods.

The second area is health and nutrition and is led by approximately 14 organizations, mostly non-profit entities. The third food security focus area is access to healthy foods, made up of about 17 organizations nationwide, mostly private sector grocery store chains. The fourth pillar is about exercise and food security and is led mostly by nonprofit community entities. The last pillar, the fifth pillar, is about food security research led by six entities who have the mission to educate families about nutrition.

Contradictions abound

As America continues to battle the war against domestic hunger, it is concurrently fighting a war on food waste. Food waste dumped into landfills nationwide constitutes the single largest contributor toward garbage accumulation by volume. About 30% of food harvested, sold, and transported is wasted in America. Methane gas produced by food waste worldwide is reported to emit up to 10% of total greenhouse gases.

As the world's richest country, America can do better. We can do better, for example, by looking and revisiting existing statutes and law enforcement mechanisms on how we manage refrigerated foodstuffs, and how we collectively manage restaurant-delivered portions, which in many instances is simply too much food.

Possible ways to further role model good food waste practices

Require stores, grocery stores and village markets to sell products such as recently expired milk, which is still perfectly good for consumption, at deep discounts, instead of throwing it away. Produce legislation to require coffee shops, bars, restaurants, and hotels to sell perfectly good excess food at deep discounts to the public after certain times of the day instead of throwing it out.

Have restaurants consider cutting back slightly on portions given customers. Many restaurants are a little bit too generous when it comes to portion control and now is the perfect time to revisit once again how to better manage food waste. Why not sell deeply discounted food that would otherwise be thrown in the garbage and eventually end up producing methane gas in the landfill?

Now is the time to start charging restaurants, stores, and businesses that simply throw away unspoiled food. Perhaps there might be legislative opportunities to more effectively incentivize how perfectly good food waste is managed and shared with those less fortunate.

Food security is a home island and homeland security matter that ultimately remains a national security matter. Millions of citizens, including fellow Pacific Islanders, might be able to further reduce diet-related illnesses with better access and consumption of nutritious foods. As the elections approach us all, now is the time to revisit all concerns tied to food security throughout our island chain and the nation.

RICK'S COLUMN
By RICK ARRIOLA PEREZ
Special to the Saipan Tribune

Rick Arriola Perez is a U.S. military veteran who has worked for the U.S. Department of Defense, the Bank of Hawaii, and the government of Guam. He holds several degrees including ones from University of California Los Angeles and the U.S. Naval War College in Newport, R.I. Rick is passionate about national security and foreign affairs in the Pacific Asia region and runs a blogsite called Guam Affairs at guamaffairs.substack.com. For more information, contact Perez at rickp7839@gmail.com.

Putin is making nuclear warfare the new normal

Put aside, if you can, the growing anxiety about Russian President Vladimir Putin going nuclear in his barbaric war against Ukraine. Even if he doesn't—and the risk, though real, remains small—he's already brought the whole world closer to atomic disaster occurring at some point.

That's because Putin, with his repeated threats to drop nukes on Ukraine or other European countries, has in effect kicked off a new and global arms race in these diabolical weapons. He has proven, if proof was needed, that having atomic bombs gives you power, whereas lacking them—as Ukraine does—leaves you vulnerable. As a result, ever more countries will build or grow their own arsenals—and rewrite their strategies for using them.

Scan this month's headlines from Asia to Europe. In Pyongyang, North Korean dictator Kim Jong Un just launched another round of ballistic missiles—one of them over Japan and into the Pacific—and simulated tactical nuclear strikes against airports and other targets in South Korea. He appears to be gearing up for another nuclear test blast, his first in five years.

In France, meanwhile, President Emmanuel Macron was inadvertently too explicit about when he would not use a nuke. Asked how he'd respond to a nuclear strike by Putin in Ukraine or "the region," he answered that France would not retaliate in kind. Nobody expected him to say the opposite. But as a Western leader with an interest in deterring Putin, he had a job: to shut up and preserve "strategic ambiguity." His administration is now trying to walk back his excessive clarity.

In this context, NATO's "Steadfast Noon" actually makes for the only reassuring news. It's a routine joint exercise by 14 of the 30 allies to practice dropping American nuclear bombs from allied countries' fighter jets in an emergency. This year's maneuvers, scheduled long before Putin's invasion and run from a base in Belgium, are now underway until Oct. 30. Let's hope the Kremlin is watching.

The nuclear bragging in North Korea and the anxious oversharing in France point to the damage Putin has done with his not-so-veiled threats. As recently as January—even as Putin was planning his attack on Ukraine—Russia was one of the signatories in the United Nations Security Council reaffirming the truism that "a nuclear war cannot be won and must never be fought." What cynicism.

Ukrainians now have a different lesson to teach the world. In the 1990s, they—along with Belarusians and Kazakhs—agreed to give up their nuclear arsenals from Soviet times in return for security guarantees from the major powers, most notably Russia. None other than Sergey Lavrov, today Putin's ever-mendacious foreign minister, signed the paperwork.

If Ukraine had instead kept the roughly 1,900 warheads it had at the time, this year's war would be going quite differently, and Putin wouldn't be making nuclear threats. And that's escaped nobody's attention. In the brave new world we're entering—Putin's world—a country's best bet for staying sovereign, and a dictator's best bet for staying in power, is to have nukes.

Kim Jong Un got that point long ago. So did the mullahs in Tehran, nowadays besties with Putin, who are permanently on the verge of nuclear "breakout." China is adding to its arsenal as fast as it can. India and Pakistan may well conclude that they, too, need more or more modern nukes, as could Israel.

South Korea, Japan and Taiwan could start doubting their safety under the American nuclear umbrella and get their own warheads. Turkey, Saudi Arabia and others—with an eye to Iran, Russia and Israel—may do the same.

In the European Union, countries such as Poland or Finland that feel directly threatened by Russia may decide that they, too, need atomic deterrents. Macron, with his musings this month, inadvertently helped make that case. By ruling out French retaliation on behalf of other Europeans, he put paid to any notions of extending the French force de frappe to protect the whole EU. Even the Germans are talking more seriously about building a national arsenal.

And then there are all the other rogue nations with their tinpot dictators, those already on the map and those yet to emerge from tomorrow's failed states. They'll all want to play with fission. Add the specter of non-state actors such as terrorist organizations getting their hands on these bombs, and the dystopia is complete.

The problem is not merely the rising number of nuclear weapons or their increasing variety, from low-yield "tactical" to high-yield "strategic" and everything in between. It's that this proliferation also necessitates complete rewrites of the nuclear powers' so-called "postures," the strategic roles these countries publicly assign to their arsenals as a way of telegraphing their intentions to adversaries.

As of today, only China has officially ruled out a first strike—and even that policy may no longer seem credible. The revised doctrines must incorporate tactical nukes, flexible strikes and graduated retaliation and escalation. The old and terrifying, but stable, certainties of Mutual Assured Destruction are gone. The brave new world after Putin will look more like Permanently Imminent Apocalypse.

Could things instead turn out better? The last time the world came this close to nuclear war was the Cuban Missile Crisis of 1962. That trauma inspired a spate of treaties in subsequent years to limit nuclear proliferation and control the arms race. In retrospect, however, the Cold War was a simpler world, dominated by two superpowers who had an interest in preserving the status quo. Today's world is more fragmented and anarchic.

Much will depend on how Putin's war against Ukraine ends—not just whether Ukraine survives, but whether Putin does, and even Russia as a country and an anti-Western spoiler in the international system. If Putin is seen to succeed with his attempts at nuclear blackmail, the world is pretty much doomed. If he's made to fail, humanity may be able to erect new taboos against waging war with atomic fission. In case anybody was still in doubt, the stakes in Ukraine really are global.

By ANDREAS KLUTH
Bloomberg Opinion

Andreas Kluth is a columnist for Bloomberg Opinion*. He was previously editor in chief of Handelsblatt Global and a writer for the Economist. He's the author of* Hannibal and Me.

DECADES

From Page 8

In addition to signaling a move toward relaxing the ban on marijuana, Biden also issued pardons for those convicted of simple possession—a move that represents an end to decades of racially discriminatory treatment. Despite a longtime parity in usage, Black adults in Pennsylvania are eight times more likely than white adults to be charged with marijuana possession.

Like his moves to forgive student loans, invest in infrastructure, support Ukraine, fight inflation, and guard against climate change, Biden's concern for restorative justice in his pardons is another milestone of his term so far. But the work of balancing the scales after decades of a failed war on drugs isn't over yet.

Pennsylvania lawmakers should follow Biden's lead and pass the Street-Laughlin bill, a bipartisan cannabis legalization measure focused on equity and fairness—two qualities often in short supply during a half-century of misguided drug policy.

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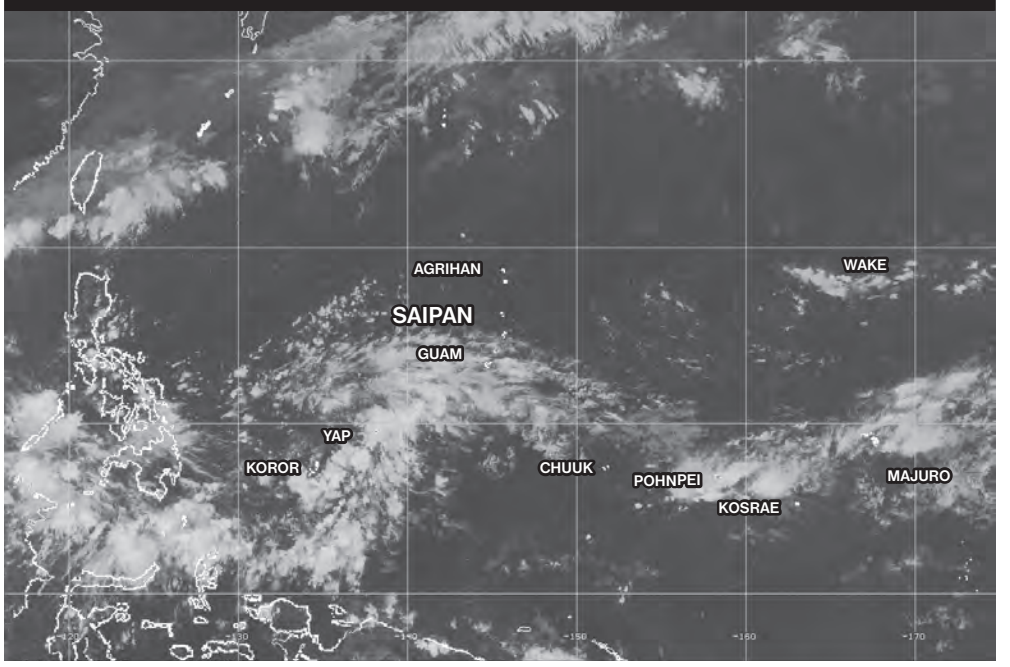
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Isolated showers. Partly sunny	Isolated showers. Partly sunny	A 40 percent chance of showers. Mostly cloudy	A chance of showers. Partly sunny	A chance of showers. Mostly cloudy
87° 77°	88° 78°	86° 78°	86° 78°	86° 77°

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 7:50 AM, SUNDAY, OCTOBER 23, 2022

Western North Pacific between equator and 25N from 130E to 180.

Doppler radar and satellite imagery this morning shows scattered showers moving across the Marianas, especially around Guam and its coastal waters with showers decreasing in coverage as you travel north. Ritidian and Tanapag buoys are reporting seas between 5 and 6 feet, resulting from a mix of a east swell with a secondary north swell.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

MICRONESIA	▲ ▼ °F	
Guam and Rota	Thunderstorms	87° / 77°
Palau	Thunderstorms	84° / 75°
Yap	Thunderstorms	86° / 78°
Chuuk	Thunderstorms	86° / 80°
Pohnpei	Mostly Cloudy	85° / 78°
Kosrae	Showers	85° / 79°
Majuro	Thunderstorms	85° / 81°

DAY	SUNRISE	SUNSET
Today	6:10 AM	5:51 PM
Tuesday	6:10 AM	5:51 PM
Wednesday	6:11 AM	5:50 PM
Thursday	6:11 AM	5:50 PM
Friday	6:11 AM	5:49 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	4:49 AM	5:05 PM	-
Tuesday	5:42 AM	5:44 PM	-
Wednesday	6:37 AM	6:27 PM	-
Thursday	7:36 AM	7:14 PM	-
Friday	8:38 AM	8:08 PM	-

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Partly Cloudy	67° / 54°
Beijing	Sunny	67° / 41°
Hong Kong	Mostly Sunny	80° / 72°
Honolulu	Mostly Sunny	85° / 76°
London	Showers	62° / 51°
Los Angeles	Sunny	73° / 53°
Manila	Thunderstorms	92° / 78°
Melbourne	Rain	70° / 59°
Miami	Mostly Sunny	84° / 73°
New York	Showers	63° / 55°
Osaka	Mostly Sunny	68° / 54°
Paris	Rain	66° / 55°
Busan	Sunny	65° / 50°
Rome	Partly Cloudy	78° / 60°
Salem	Partly Cloudy	76° / 48°
San Francisco	Sunny	70° / 51°
Seoul	Sunny	59° / 38°
Tokyo	Showers	59° / 49°
Washington, DC	Cloudy	67° / 51°

TIDES: SAIPAN HARBOR TODAY		FEET
12:49 AM	High Tide	0.38
6:45 AM	Low Tide	1.71
12:47 PM	High Tide	0.47
6:47 PM	Low Tide	1.88

NEWS DESK For news tips, corrections and requests for news coverage, call (670) 235-NEWS (6397), 235-2440, fax 235,3740. E-mail: editor@saipantribune.com. Website:www.saipantribune.com.

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E-mail: sales@saipantribune.com

FLIGHT SCHEDULE AS OF OCTOBER 6, 2022

DEPARTURES

SAIPAN-GUAM (GUM)

UA117	9:50AM	10:30AM	Daily
UA156	6:30PM	7:15PM	6

GUAM-MANILA (MNL)

PR 111	6:00AM	8:00AM	Daily
UA193	7:05PM	10:55PM	5 via Palau
UA183	7:20PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

UA117/183	9:50AM	9:10PM	Daily via Guam
UA117/193	9:50AM	10:55PM	5 via Guam, Palau
OZ624/701	4:00PM	11:05AM+1	3,6 via Incheon

SAIPAN-INCHEON (ICN)

TW308	3:30PM	7:20PM	3, 4, 6, 7
7C3405	3:30PM	7:25PM	6
7C3405	3:50PM	7:45PM	3, 4, 7
OZ624	4:00PM	7:40PM	3, 6

SAIPAN-NARITA

UA824	7:00AM	9:30AM	1, 3, 5

SAIPAN-BUSAN (PUS)

7C3451	3:00PM	6:35PM	3, 7

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:45AM	Daily
UA112	4:40PM	5:30PM	6

MANILA (MNL)-GUAM

PR110	10:00PM	4:00AM+1	Daily
UA184	10:25PM	4:25AM+1	1, 2, 3, 4, 6, 7
UA192	10:25PM	6:15AM+1	5 via Palau
UA184	11:50PM	5:40AM+1	5

MANILA (MNL)-SAIPAN

UA184/174	10:25PM	8:45AM+1	1,2,3, 4, 6,7 via Guam
UA192/174	10:25PM	8:45AM+1	5 via Palau, Guam
UA192/112	10:25PM	5:30pm+1	5 via Palau, Guam
UA184/174	11:50PM	8:45AM+1	5 via Guam
UA184/112	11:50PM	5:30pm+1	5 via Guam
OZ704/623	11:55PM	2:30PM+1	2,5 via Incheon

INCHEON (ICN)-SAIPAN

7C3406	8:30AM	2:10PM	6
7C3406	8:50AM	2:30PM	4
7C3406	8:50AM	2:50PM	3, 7
OZ623	9:00AM	2:30PM	3, 6
TW307	9:00AM	2:30PM	4, 6, 7
TW307	9:15AM	2:30PM	3

NARITA-SAIPAN

UA825	9:25PM	2:00 AM+1	2, 4, 7

BUSAN (PUS)-SAIPAN

7C3452	9:00AM	2:00PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

MARIANAS SOUTHERN AIRWAYS

INITIAL DAILY FLIGHT SCHEDULE AS OF AUGUST 18, 2022

SAIPAN TO TINIAN

DEPARTS	ARRIVES	FREQUENCY
7:00 A.M.	7:15 A.M.	(Except Sundays)
9:50 A.M.	10:05 A.M.	
4:00 P.M.	4:15 P.M.	(Except Saturdays)

TINIAN TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
7:35 A.M.	7:50 A.M.	(Except Sundays)
10:25 A.M.	10:40 A.M.	
4:35 P.M.	4:50 P.M.	(Except Saturdays)

SAIPAN TO ROTA

DEPARTS	ARRIVES	FREQUENCY
8:10 A.M.	8:40 A.M.	
1:45 P.M.	2:15 P.M.	

ROTA TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
9:00 A.M.	9:30 A.M.	
2:35 P.M.	3:05 P.M.	

SAIPAN TO GUAM

DEPARTS	ARRIVES	FREQUENCY
11:10 A.M.	12:00 P.M.	
5:15 P.M.	6:05 P.M.	

GUAM TO SAIPAN

DEPARTS	ARRIVES	FREQUENCY
12:30 P.M.	1:20 P.M.	
6:40 P.M.	7:30 P.M.	

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JUNE 1, 2022

SAIPAN TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1301	8:30	9:00	Daily
1302	11:00	11:30	Mon/Wed/Fri
1302	12:00	12:30	Tues/Thurs/ Sat/Sun
1303	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
3101	9:30	10:00	Daily
3102	13:00	13:30	Tues/Thurs/ Sat/Sun
3102	14:00	14:30	Mon/Wed/Fri
3103	16:30	17:00	Daily

ROTA TO GUAM

LIGHT #	DEPARTS	ARRIVES	FREQUENCY
3401	12:00	12:30	Mon/Wed/Fri

GUAM TO ROTA

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
4301	13:00	13:30	Mon/Wed/Fri

SAIPAN TO TINIAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
1202	8:00	8:15	Daily
1203	9:00	9:15	Daily
1204	10:00	10:15	Daily
1208	14:00	14:15	Daily
1209	15:00	15:15	Daily
1210	16:00	16:15	Daily
1211	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	DEPARTS	ARRIVES	FREQUENCY
2102	8:30	8:45	Daily
2103	9:30	9:45	Daily
2104	10:30	10:45	Daily
2108	14:30	14:45	Daily
2109	15:30	15:45	Daily
2110	16:30	16:45	Daily
2111	17:30	17:45	Daily

COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS
OFFICE OF THE GOVERNOR

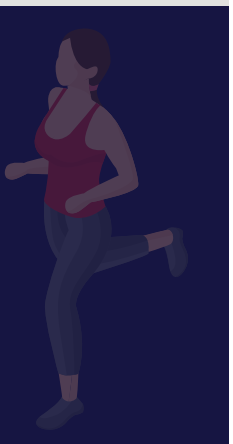
FIT TO LEAD

GETTING BACK TO WORKING OUT

Getting back into working out after a long break is a concern for many of us.

Trying to keep up some kind of consistency with your fitness routine isn't easy.

When motivation is running low, it's easy for a rest day to turn into a rest week and before you know it you've lost any kind of routine and the thought of even a little sweat session seems like a hard task.



Here are some pointers to help you get back!

Set your expectations and your goals.

Having a goal. Whether it's to jog a certain distance, hit a PR with some weights, to feel healthy, or to lose weight.

Getting a workable plan and a reasonable schedule is key.

Patience is key.

As much as we want to pick right up where we left off, that might be more detrimental to the process.

Be patient. With consistency, it will come!

Working out along is always tough. But with a partner, it really helps getting into the groove of things.

Its ok to start from the base line and working our way back up.

Get a friend or family member on board

It will also keep both of you accountable. Set a schedule, and stick to it.

Find a gym or set location for your workouts

Setting a location and a time for your workouts will help with your consistency.

Whether you work out at the gym, on the beach, or at the track, setting these ahead of schedule will help with your accountability.

Let's all get Fit To Lead Marianas

NMC's Phi Theta Kappa Honor Society inducts 74 new members

Seventy-four students from Northern Marianas College pledged to distinguish themselves through academic excellence by contributing to the community and the Commonwealth through various community service and leadership activities as new members and officers of the Beta Lambda Psi Chapter of Phi Theta Kappa or PTK International Honor Society.

The new members of the PTK Honor Society were inducted on Friday, Oct. 21, 2022, at the American Memorial Park Museum Theater.

In order to qualify for membership in Phi Theta Kappa, students must distinguish themselves by maintaining a 3.5 cumulative grade point average, in addition to serving and contributing to the community through various community service and leadership activities.

"We would like to applaud and recognize our newly-inducted members and officers for their commitment to academic excellence," PTK adviser Kaelani Demapan said. "We look forward to recognizing more and more scholars in the years to come."

The PTK honor society also inducted its new officers: Anushi Joshi (president), Vincent Fajardo (vice president), Maxine Rabago (treasurer), MaryJo Camacho (recording secretary and public relations secretary), and Ainah Chargualaf (membership secretary).

In her closing remarks at the induction ceremony, incoming Joshi told her fellow Kappans that the Phi Theta Kappa honor society recognizes innovation and resiliency shown as students pursue their academics and community service.

"You all are here today, because we have recognized your hard work and achievements," Joshi said. "Being inducted into Phi Theta Kappa Honor society is a milestone, and we are proud of all of you."

NMC president Galvin Deleon Guerrero, Ed.D., said that the college is proud of the new inductees. "Congratulations to all the new inductees," he said. "I look forward to hearing more about each of the inductees' successes and achievements in the years to come."

Established by Missouri two-year college presidents in 1918, the PTK Honor Society serves to recognize and encourage the academic achievement of two-year college students and provide opportunities for individual growth and development through honors, leadership, and service programming.

Phi Theta Kappa has grown to over 1,200 chapters on college campuses in all 50 of the United States, plus Canada, Germany, Peru, the United Arab Emirates, the Republic of the Marshall Islands, the Republic of Palau, the Federated States of Micronesia, Guam, and the CNMI. More than 3 million students have been inducted since 1918, and approximately 135,000 students are inducted each year, making it the oldest, largest and most prestigious honor society in higher education. ***(NMC)***

Water service interruption on Thursday

There will be a scheduled water service interruption on Thursday, Oct. 27, 2022, from 8:30am to 4:30pm for Commonwealth Utilities Corp. customers on Chalan Tun Antonio Apa Road, Chalan Tun Doi Road, and portions of As Perdido.

This will allow CUC water operators to replace and repair an inoperable pressure reducing valve on Chalan Tun Antonio Apa Road near the Northern Marianas College in Fina Sisu.

For more information, contact the CUC Hotline (236-4333) or monitor our Facebook page for the latest updates. ***(PR)***

NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)

(THIS IS AD IS PAID FOR NMHC WITH HUD FUNDS)

NMHC IFB 2022-009

BID SUBMISSION DATE & TIME: October 27, 2022, 10:00 a.m.

Purchase and Installation of Typhoon Shutters for the Koblerville Estates Housing Units

Project package will be available on **September 26, 2022**, on the NMHC website at www.nmhcgov.net by clicking on the "Procurement" menu tab. Interested bidders shall register via email at officemanager@nmhcgov.net. The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be at the NMHC Conference Room located in Garapan, Saipan on October 06, 2022, 10:00 a.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation, must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 9:00 a.m. October 06, 2022.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)

(THIS IS AD IS PAID FOR NMHC WITH HUD FUNDS)

NMHC IFB 2022-010

BID SUBMISSION DATE & TIME: October 27, 2022, 11:00 a.m

Purchase and Installation of Typhoon Shutters and Windows for the Mihaville Estates Housing Units

Project package will be available on **September 26, 2022**, on the NMHC website at www.nmhcgov.net by clicking on the "Procurement" menu tab. Interested bidders shall register via email at officemanager@nmhcgov.net. The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

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/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

NORTHERN MARIANAS HOUSING CORPORATION

P.O. BOX 500514, Saipan, MP 96950-0514

INVITATION FOR BIDS (IFB)

(THIS IS AD IS PAID FOR NMHC WITH HUD FUNDS)

NMHC IFB 2022-011

BID SUBMISSION DATE & TIME: October 27, 2022, 2:00 p.m.

Kagman Community Park Phase II Project

Project package will be available on September 26, 2022, at the NMHC Central Office in Garapan, Saipan, during regular working hours (7:30 a.m. to 4:30 p.m.) Monday thru Friday except CNMI holidays. A non-refundable payment of One Hundred Dollars ($100.00) is required for each set of the project package. Payment must be made payable to NMHC and a receipt of payment must be presented when obtaining the project package at the reception counter.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

A Mandatory Pre-Bid conference will be at the NMHC Conference Room located in Garapan, Saipan on October 06, 2022, 2:00 p.m. Failure to attend the Mandatory Pre-bid conference will be considered a non-responsive bidder. Immediately after the Mandatory Pre-Bid conference, bidders are required to join the NMHC Personnel to visit and examine the project site. Failure to attend the project site visit will be considered a non-responsive bidder. Inquiries regarding this solicitation must be addressed in writing to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or mail at P.O. Box 500514, Saipan, MP 9650 or via fax at (670)234-9021, no later than 9:00 a.m. October 06, 2022.

For more information, contact Mr. Jacob Muna, Office Manager/Procurement Officer, at (670)234-6866/9447 or email at officemanager@nmhcgov.net during regular business hours, 7:30 a.m. – 4:30 p.m. Monday through Friday, except CNMI holidays.

/s/
Jesse S. Palacios
Corporate Director

/s/
Merced "Marcie" M. Tomokane
Chairwoman
NMHC Board of Directors

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

INVITATION FOR BID

PROJECT NO.: CPA-IFB-001-23
BIDS SUBMISSION DEADLINE: OCTOBER 24, TIME: 2:00 P.M.

PROCUREMENT OF ONE (1) UNIT TRACTOR & MOWER FOR THE BENJAMIN TAISACAN MANGLONA ROTA INTERNATIONAL AIRPORT

THE BID PACKAGE WHICH INCLUDES THE EQUIPMENT SPECIFICATIONS AND OTHER CONSIDERATION IS AVAILABLE FOR PICK UP BEGINNING SEPTEMBER 23, 2022 AT THE CPA ACCOUNTING OFFICE, 2ND FLOOR, SAIPAN INTERNATIONAL AIRPORT DEPARTURE BUILDING UPON PAYMENT OF A NON-REFUNDABLE ADMINISTRATIVE FEE OF $100.00 IN CASH, CASHIER'S CHECK, OR CREDIT CARD.

BIDDERS ARE TO SUBMIT ONE (1) ORIGINAL AND TWO (2) COPIES OF THE BIDS TO THE OFFICE OF THE EXECUTIVE DIRECTOR, 2ND FLOOR, ARRIVAL BUILDING, SAIPAN INTERNATIONAL AIRPORT IN A SEALED ENVELOPE AND MARKED: **"PROJECT NO. CPA-IFB-001-23".** BIDDERS SHALL TAKE INTO CONSIDERATION ALL CHARGES ASSOCIATED WITH THIS PROCUREMENT BEFORE FINALIZING ITS BID.

THE PROVISIONS OF THE CPA PROCUREMENT REGULATIONS, NMIAC SECTION §40-50-1020, §40-50-1015, & §40-50-1025 PROHIBITING GRATUITIES, FINANCIAL INTEREST, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CPA RESERVES THE RIGHT TO REJECT ANY AND ALL BIDS AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF CPA.

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date **9/23/2022**

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055•SAIPAN•MP•96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
WEBSITE: WWW.CNMIPORTS.COM

REQUEST FOR PROPOSALS

DEVELOPMENT OF ECHO DOCK
PORT OF SAIPAN
CPA RFP NO. CPA-RFP-010-2022
(CPA CONCESSION NO. SEA 2022-01)

The Commonwealth Ports Authority ("Authority") is inviting qualified developers and their development teams to submit sealed proposals, subject to the terms and conditions of this Request for Proposals (the "RFP") and other contract provisions, for the development of Echo Dock, which is situated north of the Port of Saipan. The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the Authority because the Authority wishes to acquire services and products that cannot be evaluated by cost alone. This RFP is being issued pursuant to NMIAC § 40-70-205.

The RFP Package is available beginning Wednesday, August 31, 2022, at the Authority's Accounting Office, 2nd Floor, Departure Terminal Building, Saipan International Airport upon payment of a non-refundable administrative fee of $200.00. Payment shall be made in cash, credit card, cashier's check, or U.S. postal money order payable to the Commonwealth Ports Authority. Other than this administrative fee, proposers are not required to submit a prepaid minimum concession fee.

The Authority will hold a briefing for interested parties at 10:00 a.m. on Friday, September 16, 2022, to explain the Authority's development objectives, the RFP process, and to answer questions. The meeting will be held at the Authority's Seaport Conference Room, George Fleming Building. All potential applicants are encouraged to attend but it is not mandatory.

All proposers are requested to pay attention to the following significant dates and times:

Date RFP Package becomes available	August 31, 2022 (8:00 AM)
Date of RFP briefing meeting	September 16, 2022 (10:00 AM)
Deadline to submit Notice of Intent	September 28, 2022 (4:00 PM)
Deadline to submit Statement of Qualifications	October 13, 2022 (4:00 PM)
Notification of qualified applicants of the RFP	October 28, 2022
Deadline for RFP submission	November 30, 2022 (4:00 PM)

Qualified proposers shall submit their sealed proposals to the "CPA Evaluation Committee" and mark the outside cover of its submittal as follows: "RFP Proposal: Confidential - Development of the Echo Dock, Saipan (RFP-010-2022)." Five (5) hard copies and one electronic copy on CD, DVD, or flash drive of the proposal must be submitted no later than **4:00 p.m. CHST, Wednesday, November 30, 2022**, to the Office of the Executive Director, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport. Proposals submitted by facsimile (fax) transmission will not be considered. Any proposals received after the proposal submittal deadline shall be returned to the proposer unopened. The Authority reserves the right to reject any or all proposals submitted if sufficient justification exist that awarding the project would not be in the best interest of the CPA.

FOR THE COMMONWEALTH PORTS AUTHORITY:

/s/ CHRISTOPHER S. TENORIO
Executive Director

Date **8/26/2022**

COMMONWEALTH PORTS AUTHORITY

MAIN OFFICE: SAIPAN INTERNATIONAL AIRPORT, 2ND FLOOR ARRIVAL BLDG.
PO BOX 501055, SAIPAN, MP 96950
PHONE: (1-670) 237-6500/1 | FAX: (1-670) 234-5962
EMAIL: CPA.ADMIN@PTICOM.COM | WEBSITE: WWW.CNMIPORTS.COM

Request for Proposals for: CPA Concession No. CRS-2022-01

Francisco C. Ada/Saipan International Airport "Car Rental Concession" CPA-RFP-011-22

The Commonwealth Ports Authority ("CPA" or "Authority") is soliciting proposals for the award of one (1) concession granting the privilege to provide motor vehicle rental services to the traveling public (including the provision of insurance related to motor vehicles rented in the operation of such motor vehicle rental services) at the Francisco C. Ada/Saipan International Airport ("Car Rental Concession"). The successful proposer will be expected to provide motor vehicle rental services in accordance with its concession and concession agreement at the Francisco C. Ada/Saipan International Airport for a period of eighteen (18) months (contract to end on 05/31/2024) upon entering into a concession agreement with the Authority.

The date of issuance of CPA-RFP-011-22 is **October 12, 2022**, and it can be obtained at the issuing office: CPA Administration Office, Saipan International Airport, P.O. Box 501055, Saipan, MP 96950, Second floor of Arrival terminal at the Saipan International Airport.

Proposals must be addressed to Commonwealth Ports Authority, Attn: Car Rental Concessions Evaluation Committee, CPA Administration Office, Saipan International Airport, P.O. Box 501055, Saipan, MP 96950; and submitted to and received by the CPA Administration Office (second floor of arrival terminal at the Saipan International Airport) **by or before 4:00 p.m. on November 22, 2022**, at which time the proposal period shall expire. Proposals must be accompanied with a non-refundable administrative fee of $100.00. Payment shall be made in cash, credit card, or cashier's check payable to the Commonwealth Ports Authority to defray the costs associated with handling and considering the proposal. Proposals are not required to include a prepaid minimum concession fee.

The Commonwealth Ports Authority reserves the right to cancel this RFP and to reject any and all proposals in accordance with its Concession Regulations (NMIAC Chapter 40-70).

/s/ CHRISTOPHER S. TENORIO
Executive Director

US and FSM sign expanded shiprider agreement

By SARA MUIR
U.S. COAST GUARD FORCES MICRONESIA/ SECTOR GUAM

SANTA RITA, Guam—To overcome complex challenges to maritime enforcement in the Federated States of Micronesia, a nation with over 600 islands, representatives of the United States and the FSM signed an expanded shiprider agreement on Oct. 13, 2022, during a Joint Committee Meeting hosted by Joint Region Marianas.

Through remote coordination, this agreement—the first of its kind—will enable the U.S. to act on behalf of the country to combat illicit maritime activity when an FSM law enforcement officer is not present. More specifically, the agreement provides a coordinating mechanism and process for U.S. law enforcement personnel to work with the FSM National Police through command centers to receive approval from the FSM to act.

Shiprider agreements allow maritime law enforcement officers to observe, board, and search vessels suspected of violating laws or regulations within a designated exclusive economic zone or on the high seas. These law enforcement activities bolster maritime law enforcement operations and maritime domain awareness and provide a mechanism to conduct integrated operations within the Pacific.

U.S. COAST GUARD/CHIEF WARRANT OFFICER SARA MUIR

Members of the United States and the Federated States of Micronesia attending the Joint Committee Meeting in Guam stand for a photo aboard USCGC *Myrtle Hazard* in Guam following the signing of an expanded shiprider agreement allowing remote coordination of authorities, the first of its kind, on Oct. 13, 2022.

"We're thrilled to cooperate with our Federated States of Micronesia partners on this initiative that will reap benefits for FSM's economic, environmental, and national security in the maritime domain," said Alissa Bibb, chargé d'affaires at the U.S. Embassy in Kolonia.

The dynamic nature of detecting, deterring, and suppressing illegal activity in the Pacific, like fisheries offenses and illicit maritime drug trafficking, requires creative and collaborative solutions. This agreement builds on the enduring partnership and long-standing shiprider agreement between the two nations by providing a new framework to conduct maritime operations and relies on the professionalism and expertise of U.S. and FSM maritime law enforcement officers.

The U.S. Coast Guard regularly exercises 13 bilateral fisheries law enforcement agreements with countries throughout the Pacific islands. These agreements enable U.S. Coast Guard personnel and U. S. Navy vessels with embarked U.S. Coast Guard law enforcement personnel to work with host nations to protect critical regional resources. Shiprider efforts greatly enhance host-nation sovereignty by enabling Pacific Island Nation partners to enforce their laws and regulations using U.S. assets.

The U.S. Coast Guard maintains strong partnerships with the maritime forces in the region through extensive training and subject matter expert exchanges. FSM, also known as the Big Ocean State, has one of the world's largest EEZs, with waters rich in sea life. FSM consists of four states—Pohnpei, Chuuk, Yap, and Kosrae—each with a mix of unique peoples, languages, and cultures. FSM is a signatory to a Compact of Free Association with the United States. They are also a Pacific Islands Forum Fisheries Association member and a party to the South Pacific Tuna Treaty.

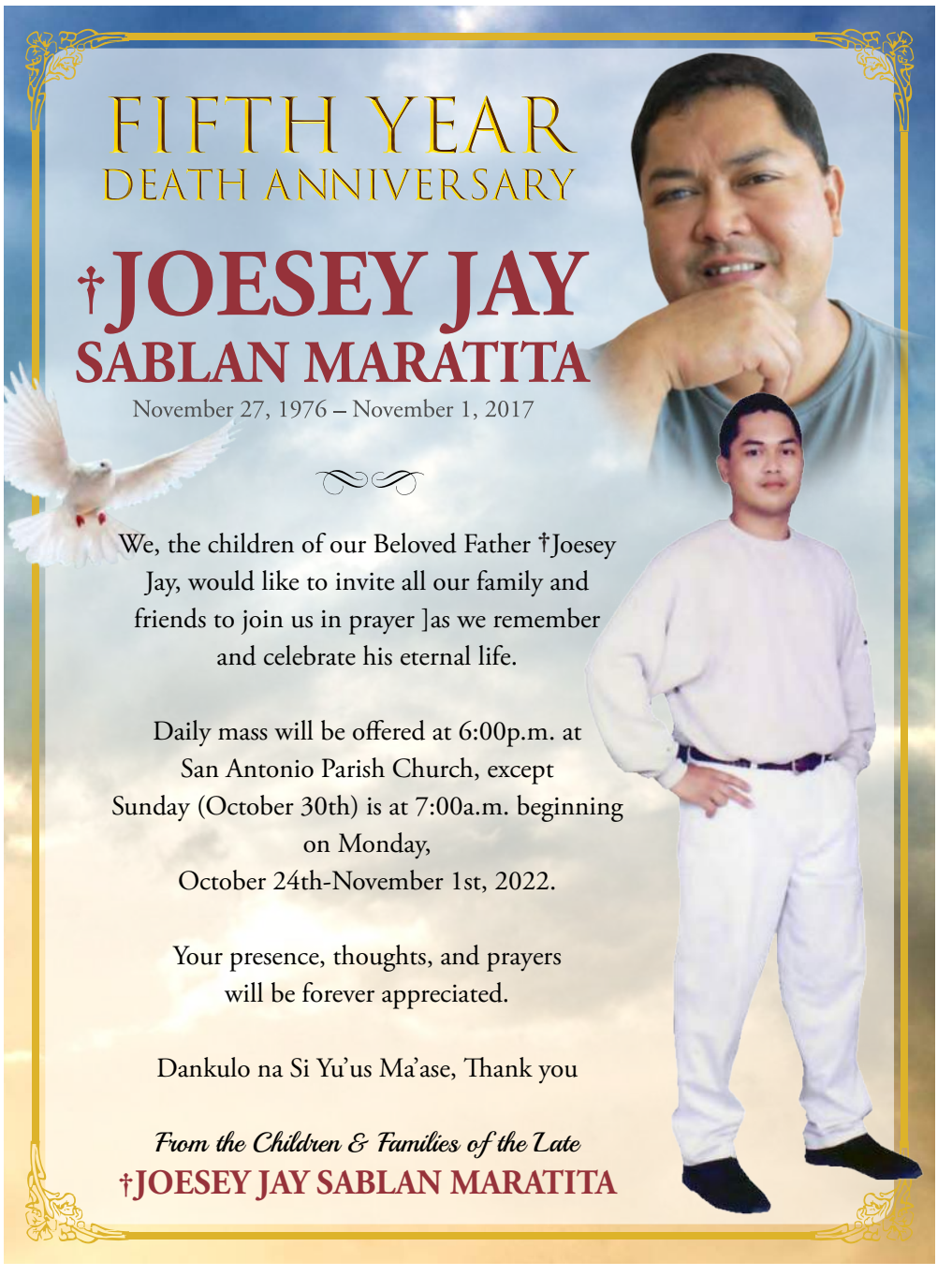
"This historic agreement significantly strengthens presence and enforcement options to counter illicit maritime activity in the region. It is only made possible by the deep and abiding relationships and respect between the Coast Guard and our FSM partners," said Capt. Nick Simmons, commander of U.S. Coast Guard Forces Micronesia. "FSM has the 14th largest EEZ in the world and only two patrol boats. Our crews spend ample time within the region but getting a shiprider aboard our vessels can be a real logistical challenge. This agreement dramatically increases the capacity of available resources to act on FSM's behalf to protect their living marine resources and sovereignty. We appreciate their continued trust and confidence as we work together."

The USCGC *Oliver Henry* hosted Bibb and her team aboard in Pohnpei in September. They met with several key officials, and members of the cutter's engineering team conducted a subject matter exchange with the crew of *FSS Palikir*, the last active Pacific-class patrol boat, on shipboard repairs and assisting with preventative maintenance.

A longer version of this story is available at www. saipantribune.com

MANGO
Marianas Alliance of Non-Governmental Organizations
Job Vacancy Announcement
PROGRAM ASSISTANT
Interested applicants submit resume and cover letter to info@mangocnmi.org
For more information on the position, visit mangocnmi.org

MANGO
Marianas Alliance of Non-Governmental Organizations
Job Vacancy Announcement
GRANT WRITER
Interested applicants submit resume and cover letter to info@mangocnmi.org
For more information on the position, visit mangocnmi.org


FIFTH YEAR
DEATH ANNIVERSARY
†JOESEY JAY
SABLAN MARATITA
November 27, 1976 – November 1, 2017
We, the children of our Beloved Father †Joesey Jay, would like to invite all our family and friends to join us in prayer as we remember and celebrate his eternal life.
Daily mass will be offered at 6:00p.m. at San Antonio Parish Church, except Sunday (October 30th) is at 7:00a.m. beginning on Monday, October 24th-November 1st, 2022.
Your presence, thoughts, and prayers will be forever appreciated.
Dankulo na Si Yu'us Ma'ase, Thank you
From the Children & Families of the Late
†JOESEY JAY SABLAN MARATITA

Health & Wellness

This advertorial is sponsored by Tan Holdings · HEALTH IS WEALTH · Tan Siu Lin Foundation

Prepare for a challenging flu season: Get vaccinated now

By DEB BALZER
MAYO CLINIC NEWS NETWORK

Flu season usually peaks in winter; however, the best time to prevent infection is before the virus appears in a community.

"The best time to protect yourself against influenza is before we see it start circulating in large amounts," says Dr. Nipunie Rajapakse, a pediatric infectious diseases physician with the Mayo Clinic Children's Center. "We are starting to detect cases in different parts of the country."

The Centers for Disease Control and Prevention reports influenza A as the dominant strain of flu virus in the U.S., though the strain may change over the flu season. Flu activity has been reported as low, but is beginning to increase.

"Now is the perfect time to go and get vaccinated. It takes about two weeks after you get your vaccine for your body's immune system to mount a good antibody response. You need to factor that time into it as well," she says.

After two mild seasons of influenza infection, Dr. Rajapakse says that there is a caution of a more challenging one with higher rates of illness.

"One of the things that we look at is what happens in the southern hemisphere. Sometimes this can help us understand what we may expect," Dr. Rajapakse says. "Last year, during their flu season in Australia, they saw some of the highest rates of influenza that they've seen since 2019. And that makes us feel cautious going into this flu season that we may end up seeing high rates of influenza this year.

A resident gets an influenza vaccine during an event hosted by the Chicago Department of Public Health at the Southwest Senior Center on Sept. 9, 2022, in Chicago, Illinois. SCOTT OLSON/GETTY IMAGES/TNS

"It's all the more reason for people to ensure they get their flu vaccine. It's one of the safest and most effective ways to prevent flu illness and infection. And especially since we might be in for a bit of a rough flu year."

According to Dr. Rajapakse, many people did not have the flu in the last two years due to low circulation of the virus, and there is more vulnerability to getting infected this season if they do not get vaccinated.

Young children are at the highest risk.

Most healthy people can recover from flu infection independently, but complications can be severe for young children, older adults and those with weakened immune systems.

Vaccination remains the most vital tool against the flu. Young children are one of the highest risk age groups for having a severe influenza illness.

"Children under 2 years of age are one of the populations we see who end up in the hospital. That's why we encourage everyone over 6 months of age, especially young children, to get a flu vaccine every year. It helps reduce the risk of having a severe influenza infection, ending up in the hospital or dying from flu," says Dr. Rajapakse.

There are nine vaccines approved for the 2022-2023 flu season, depending on the age and health of a patient. The FluMist is a nasal spray rather than a shot that may be an option for some children. It's approved for use in healthy nonpregnant people, 2 through 49 years old.

Dr. Rajapakse says children under 8 who are getting the flu vaccine for the first time will require two doses.

"Getting them their first dose as soon as possible is especially important because they still need to get that second dose in a month," she adds.

Children who have previously had a flu shot will not require a second dose. Your health care provider can tell you if your child needs two doses of the vaccine.

ON NUTRITION

What about protein?

By BARBARA INTERMILL
TRIBUNE NEWS SERVICE

My friend Glenn from Monterey, California, asked a question not as easy to answer as one might think: "How much protein does someone my age need?"

Well, Glenn, that depends on a lot of factors. Besides your age, protein requirements vary widely based on one's sex, exercise level and physical health. When we are sick or injured, for example, we may need more protein to heal. But some people with kidney disease may need to restrict protein to prevent further kidney damage.

Why is protein so important? It is the foundation of every cell in the body. With just a few types of building blocks called amino acids, our bodies manufacture thousands of specific proteins to regenerate our skin, muscles and immune system. Even our bones rely on protein to maintain strength.

Back to your question. Some pretty strong research now suggests that when we get up in years (over 65 is the general cutoff), we probably need more protein than our younger counterparts.

Protein is found in a variety of foods, including eggs, soy, meat, fish, nuts, legumes, dairy foods and even vegetables. Yet when it comes to building muscle mass, research is finding the quality of the protein we ingest is vital. DREAMSTIME/TNS

That's because we lose muscle mass as we age. Even with exercise, it's harder for older versions of ourselves to build and maintain strength. (Boo!) There's even a name for it: sarcopenia.

So as you might guess, two key strategies to maintain strength and vitality as we age are: Consume adequate protein (along with other key nutrients, of course), and be as physically active as possible.

Protein is found in a variety of foods, including eggs, soy, meat, fish, nuts, legumes, dairy foods and even vegetables. Yet when it comes to building muscle mass, research is finding the quality of the protein we ingest is vital.

For example, essential amino acids (protein-building blocks found in certain foods) play a powerful role in stimulating muscle growth. One especially important EAA for muscle building is leucine, found in highest amounts in animal-based foods. Several studies with physically active young and older people, for instance, have shown that milk proteins such as whey and caseine stimulated muscle growth to a greater extent than soy proteins. Still, a mixture of protein foods from a variety of sources is our best bet to get all the essential amino acids, plus other important nutrients we need for optimal health.

When you eat protein may also be as important as how much, say scientists. Some experts recommend we consume 20 to 30 grams of protein at each meal (three times a day) to get the most muscle bang for our protein buck.

We will probably see the current recommendations for protein, especially for older people, increased in the near future. In the meantime, find yourself a well-qualified nutrition professional to do some personal calculations for you. Thanks for writing!

Barbara Intermill is a registered dietitian nutritionist and syndicated columnist. She is the author of Quinn-Essential Nutrition: The Uncomplicated Science of Eating. Email her at barbara@quinnessentialnutrition.com.

Can wet hair make you sick?

Your mom may have warned you that going outside with wet hair will make you sick. But is this just a superstition or can damp hair outdoors make you ill?

Sorry, mom, but the short answer is no.

Wet hair in a cold environment can make you feel cold and uncomfortable. But it will not give you a cold.

Viruses transmitted through bodily fluids cause colds, influenza and COVID-19. You need to come into contact with the fluids to be infected by the viruses. This usually happens when people who are sick sneeze, cough or blow their noses.

Wet hair won't make you more attractive to viruses and doesn't increase your chances of getting sick.

Follow these six tips to protect you and your family from catching a cold:

1. Wash your hands.

Clean your hands often with soap and water. If soap and water aren't available, use an alcohol-based hand sanitizer.

2. Disinfect your stuff.

Clean kitchen and bathroom countertops with disinfectant, especially when someone in your household has a cold.

3. Use tissues.

Sneeze and cough into tissues. Discard used tissues right away and then thoroughly wash your hands.

4. Don't share.

This is one time that it's best to keep to yourself. Don't share drinking glasses or utensils with other family members. Use your own glass or disposable cups when you or someone else is sick. Label the cup or glass with the name of the person with the cold.

5. Steer clear of people who are sick.

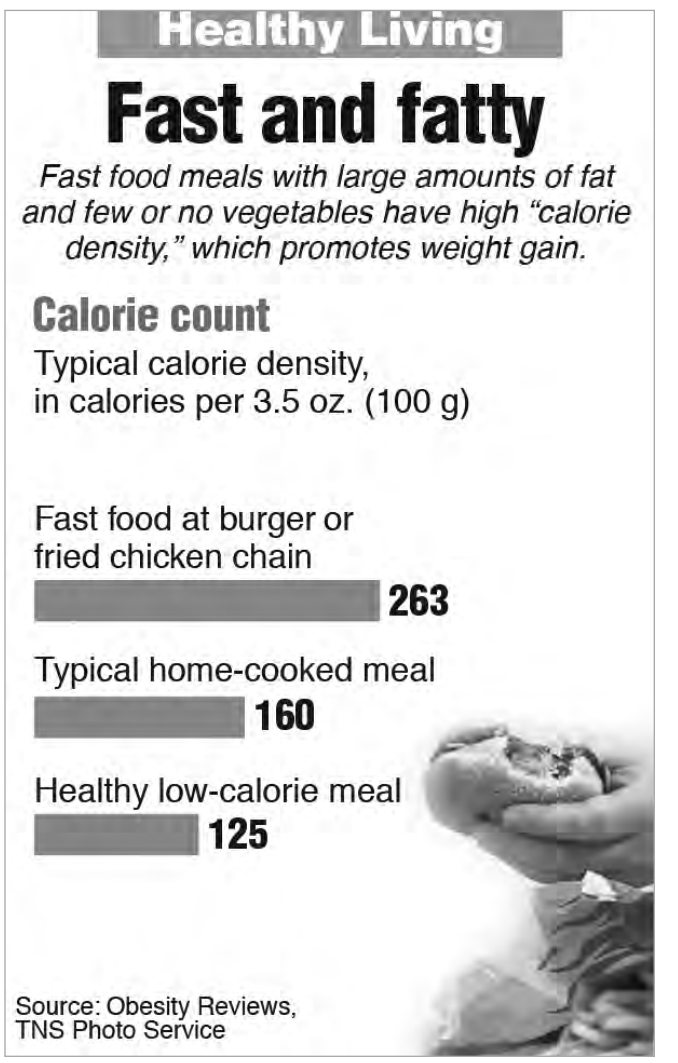
Practice social distancing by avoiding close contact with anyone who has a cold.

6. Take care of yourself.

Eat well, exercise, get enough sleep and manage stress levels to keep illness at bay.

You can rest assured that if you go outside with wet hair you don't have an increased chance of getting sick. Wet hair in the colder months just causes temporary discomfort. ***(Mayo Clinic News Network)***

Carmen Dargel, M.D. , is a physician in Family Medicine in Onalaska, Wisconsin.


Healthy Living
Fast and fatty
Fast food meals with large amounts of fat and few or no vegetables have high "calorie density," which promotes weight gain.
Calorie count
Typical calorie density, in calories per 3.5 oz. (100 g)
Fast food at burger or fried chicken chain
263
Typical home-cooked meal
160
Healthy low-calorie meal
125
Source: Obesity Reviews, TNS Photo Service

Life & Style

Taylor Swift drops '3am' edition of 'Midnights,' music video

NEW YORK (AP)—Taylor Swift has said "Midnights" was inspired by certain key sleepless nights—something many of her fans undoubtedly experienced as the singer-songwriter dropped seven bonus tracks and a music video just hours after the album's release Friday.

"Midnights" was released at, well, midnight Eastern time and had become Spotify's most-streamed album in a single day by 6:15 p.m. With a runtime of around 44 minutes, listeners would have had the opportunity to play the album four times before Swift unleashed "Midnights (3am Edition)."

"Surprise! I think of Midnights as a complete concept album, with those 13 songs forming a full picture of the intensities of that mystifying, mad hour," she wrote on Instagram. "However! There were other songs we wrote on our journey to find that magic 13."

Swift

The bonus tracks fit tonally with the rest of the darkly electric and moody album, beginning with "The Great War," sweeping across "Paris" and exploring "High Infidelity" before ending with "Dear Reader." In all, the seven additional songs—added to the end of the original "Midnights" track listing, encompass about 25 additional minutes.

Swift is the sole credited performer on the bonus tracks—the only person to get a featured credit on any "Midnights" track is Lana Del Rey. The extra songs are primarily written by Swift, Jack Antonoff—her "co pilot" on the album—and Aaron Dessner, a founding member of The National and another frequent Swift collaborator who was otherwise absent from "Midnights."

And five hours after "Midnights (3am Edition)," Swift treated fans to a visual feast with a muted but lush music video for "Anti-Hero."

Written and directed by Swift herself, reunited with "All Too Well" cinematographer Rina Yang, the video sees the singer be chased by chintzy sheet ghosts and do shots with a glammed-up double who instructs her: "Everyone will betray you." Dark glitter oozes from the yolks she cuts into at the breakfast table, her wound from an arrow and her mouth after one too many shots.

"Watch my nightmare scenarios and intrusive thoughts play out in real time," Swift posted on Instagram.

The video includes references to Swift's eating disorder, which she revealed in a documentary, and pokes fun at herself with a cutscene that breaks in midway. It features Mike Birbiglia, John Early and Mary Elizabeth Ellis playing her heirs (Preston, Chad and Kimber) who discover she's left them only 13 cents in her will (Swift's favorite number is famously 13).

"There's probably a secret encoded message that means something else!" Early exclaims in character, referencing the field of cryptology Swift has created over the years.

"P.S. There is no secret encoded message that means something else. Love, Taylor," Birbiglia reads seconds later.

The "Anti-Hero" video racked up more than 9,700,000 views in the first 13 hours (apt) of its release and spawned the #TSAntiHeroChallenge. Swift is encouraging people to upload to YouTube Shorts a video of themselves sharing the traits that would make them an antihero. According to a blog post on YouTube, the challenge is "all about acknowledging and celebrating the traits that make each of us truly unique and showcasing one's true self in a FUN way."

"An anti-heroic trait could be as simple as always grabbing the last slice of pizza, clapping at the end of movies, always putting your feet on the car dashboard, using the same word to start your daily Wordle, leaving your clean laundry in the basket until the next time you do it, pretending you didn't already watch the next episode of the series you watch with your pals, or even treating your cat like a human," the post said. Swift chose that last one for her own submission.

While the challenge adds levity to the release cycle, Swift is clear on the tone she's going for with the album and its associated projects.

"Midnights is a collage of intensity, highs and lows and ebbs and flows," Swift posted on Instagram when the original album dropped. "Life can be dark, starry, cloudy, terrifying, electrifying, hot, cold, romantic or lonely. Just like Midnights."

Cardi B absolved in racy mixtape artwork lawsuit

SANTA ANA, Calif. (AP)—A jury sided with Cardi B on Friday in a copyright infringement case involving a man who claimed the Grammy-winning rapper misused his back tattoos for her sexually suggestive 2016 mixtape cover art.

The federal jury in Southern California ruled Kevin Michael Brophy did not prove Cardi B misappropriated his likeness. After the jury forewoman read the verdict, the rapper hugged her attorneys and appeared joyful.

Cardi B thanked the jurors, admitting she was "pretty nervous" before hearing the verdict.

"I wasn't sure if I was going to lose or not," she said after leaving the courthouse. She was swarmed by several reporters, photographers and more than 40 high schoolers who chanted her name. One fan held up a sign asking if she could take him to his homecoming dance, to which she replied "Yes, I'll see what I can do."

AP
Cardi B exits federal court as proceedings continue in a $5 million copyright infringement lawsuit against her in federal court, Wednesday, Oct. 19, 2022, in Santa Ana, Calif.

"I told myself if I win, I was going to cuss Mr. Brophy out. But I don't have it in my heart to cuss him out," she said. In the courtroom, Cardi B had a brief, cordial conversation with Brophy and shook his hand.

Brophy filed the lawsuit a year after the rapper's 2016 mixtape was released. He called himself a "family man with minor children" and said he was caused " distress and humiliation " by the artwork – which showed a tattooed man from behind with his head between the rapper's legs inside a limousine. The man's face cannot be seen.

"At the end of the day, I do respect you as an artist," Brophy said to Cardi B.

Brophy's lawyer, A. Barry Cappello, said photo-editing software was used to put the back tattoo, which has appeared in tattoo magazines, onto the male model featured on the mixtape cover.

But Cardi B, whose real name is Belcalis Almanzar, disputed the allegations during her testimony earlier in the week—and had such an intense exchange with Cappello that the trial was briefly halted by U.S. District Judge Cormac Carney.

Cardi B said she felt Brophy hadn't suffered any consequences as a result of the artwork. She said Brophy has harassed her legally for five year – and even at one point said she missed the "first step" of her youngest child because of the trial.

Cardi B delivered pointed answers to several of Cappello's questions. The lawyer once asked her to calm down, but she sharply pushed back at his contention that she knew about the altered image.

Their heated exchange prompted the judge to send jurors out of the Santa Ana, California, courtroom and told both sides that he was considering a mistrial. After a short break, he called the arguing "unprofessional" and "not productive" but allowed questioning to resume, then placed new restrictions for both sides.

Disappointed in love, but making all the right moves

DEAR ABBY: I am an out gay Black man. Several weeks ago, the man I have had a crush on told me he's now in a relationship. While I'm happy for him, I can't help feeling somewhat resentful because I wanted to be with him. I haven't dated anyone since my last relationship ended seven years ago. I have now distanced myself and limit myself to interactions and observations of his relationship on social media and in person, while also focusing on my own goals and aspirations. I haven't messaged him since he expressed that he's in a relationship.

Since that time, I have registered for the Law School Admission Test, started working part time as a coach helping students with ADHD strengthen their writing skills, and volunteer to teach web development to K-5 students. Normally, a relationship isn't a necessity for my survival, given that I have focused solely on my career and educational goals over the past several years.

My question is: Is it worth holding onto these feelings I have for him, or should I move on? During our last conversation, he told me that if he ever finds himself single again, he would like to take me on a date.

SINGLE IN SAN FRANCISCO

DEAR SINGLE: You are doing all of the right things. You have a wonderful future ahead of you if you continue pointing yourself in that direction. I admire you for keeping busy by trying to help others achieve their goals. Whomever you wind up with will be getting a winner. The time has come to begin taking care of your emotional self. The last thing you need is to pine away hoping someone's romance will end so he'll ask you out. On the course you are on, you will meet Mr. Right, someone who is as dynamic as you.

■■■■

DEAR ABBY: My late brother's only child and her husband and 2-year-old baby want to come from the West Coast to the Midwest for 11 days during Thanksgiving. They would have to stay with my 87-year-old mother, who uses a walker and was recently in the hospital and rehab facility after surgery. I would like them to wait until spring when she's feeling stronger. The baby will be less needy by then and crying less often.

I don't want them to think we don't want them to visit, but it's entirely too much for my mom. I don't have room for them to stay with me, and they can't afford a hotel. I don't want to hurt my niece's feelings, but this visit would set Mom back. Her routine is important to her. When they visited less than a year ago, they stayed a week and it wore her out. Now she's even less physically able to host. Help me, please.

NIXING IT IN OHIO

DEAR NIXING IT: Talk to your mother about this and explain your concerns. The decision about whether the visit will be too much for her should be hers. If she's reluctant to discourage the visit from her grandchild at this time, offer to deliver the message for her. However, unless you are the person who usually directs traffic in your family (there is always someone), the message should come from her.

■■■■

Good advice for everyone – teens to seniors – is in "The Anger in All of Us and How to Deal With It." To order, send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Anger Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

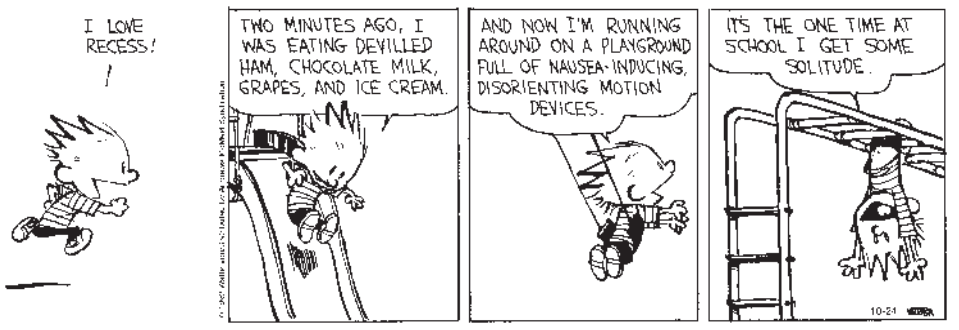
By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson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AND NOW I'M RUNNING AROUND ON A PLAYGROUND FULL OF NAUSEA-INDUCING, DISORIENTING MOTION DEVICES.
IT'S THE ONE TIME AT SCHOOL I GET SOME SOLITUDE.

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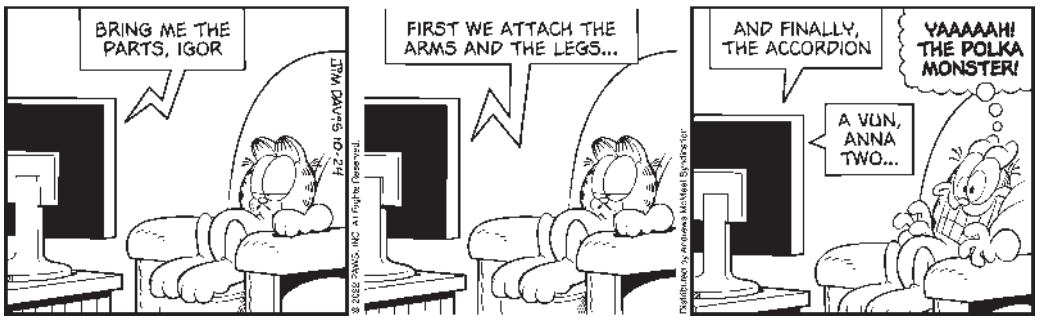
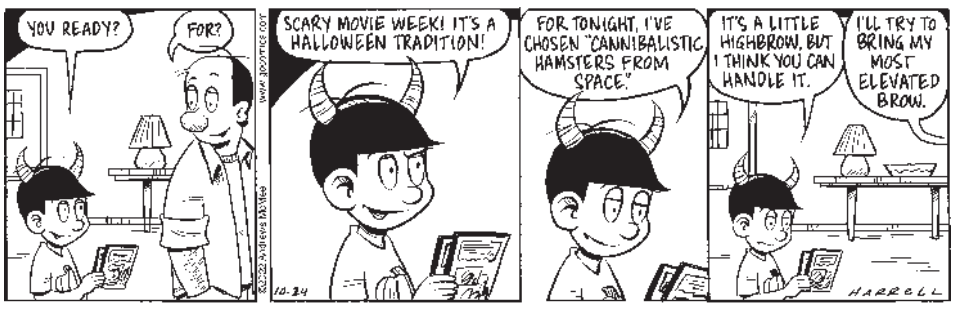
By Jim Davis


BRING ME THE PARTS, IGOR
FIRST WE ATTACH THE ARMS AND THE LEGS...
AND FINALLY, THE ACCORDION
YAAAAAH! THE POLKA MONSTER!
A VUN, ANNA TWO...

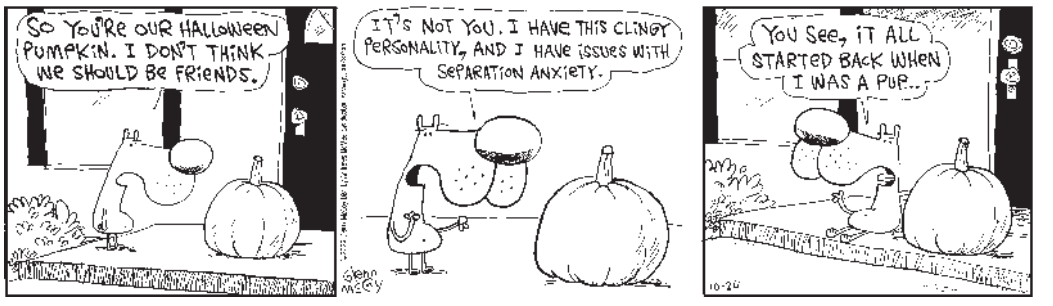
Adam@home

By Bryan Basset


YOU READY?
FOR?
SCARY MOVIE WEEK! IT'S A HALLOWEEN TRADITION!
FOR TONIGHT, I'VE CHOSEN "CANNIBALISTIC HAMSTERS FROM SPACE."
IT'S A LITTLE HIGHBROW, BUT I THINK YOU CAN HANDLE IT.
I'LL TRY TO BRING MY MOST ELEVATED BROW.
HARRELL

The Duplex

By Glenn McCoy


SO YOU'RE OUR HALLOWEEN PUMPKIN. I DON'T THINK WE SHOULD BE FRIENDS.
IT'S NOT YOU. I HAVE THIS CLINGY PERSONALITY, AND I HAVE ISSUES WITH SEPARATION ANXIETY.
YOU SEE, IT ALL STARTED BACK WHEN I WAS A PUP...

CROSSWORD

By Eugene Sheffer

ACROSS

1 Embassy VIP
4 — tai (cocktail)
7 Group of quail
11 Gridlock sound
13 Mornings (Abbr.)
14 Chiefs coach Andy
15 Jacob's twin
16 Peanut product
17 Stately trees
18 Hitch-hiker's digit
20 Info
22 Standard
24 Get by
28 Hoarder
32 Seize by force
33 "— want for Christmas ..."
34 Pen tip
36 Jog
37 Subjects, usually
39 Drive-in servers
41 Play-ground fixture
43 "My word!"
44 Sch. sup-porters
46 Lipstick shades
50 Rock's Hendrix
53 Dundee denial
55 Stallion-to-be
56 Apple on a desk
57 ER workers
58 Slender weapon
59 Lose color
60 Enervate
61 "Yucky!"

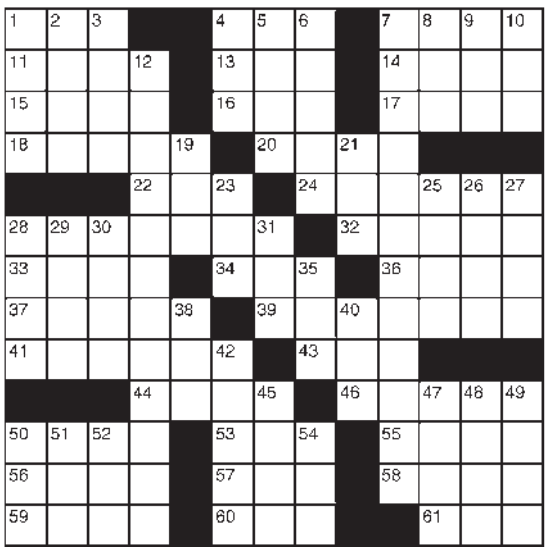
DOWN

1 Help in a crime
2 Screen material
3 Boyfriend
4 Chairman of China
5 During
6 Imam's faith
7 Initiates a chat, say
8 Slithery fish
9 Pep
10 NFL stats
12 Seasonal latte flavor
19 Saloon
21 Sigma's follower
23 Scooted
25 Conti-nental currency
26 Let fall
27 Makes a choice
28 Bad reviews
29 Lip balm ingredient
30 Cross-word hint
31 Twitch
35 Satchel
38 Perched
40 Workout unit
42 Magic sticks
45 Country singer Evans
47 "Uh-uh"
48 Swiss artist Paul
49 Leftovers recipe
50 Peanut butter brand
51 "— Believer"
52 Frenzied
54 Mental-ist's claim

Solution time: 26 mins.

A	L	B	U	M		K	H	C		A	M	I
L	O	R	N	A		A	D	L		G	O	D
L	A	I	'	Y		B	R	I	G	A	D	E
		T	O	B	R	U	K		Y	V	E	S
B	L	T		E	E	K		S	M	E	L	T
T	A	I	C		V	I	S	O	R			
S	W	E	R	V	E		I	S	A	B	E	L
			Y	F	I	P	S		T	R	O	T
T	E	M	P	T		R	A	H		I	N	D
E	R	A	'		F	E	L	C	A	D		
B	R	I	S	K	E	T		U	R	G	E	D
C	E	D		I	N	T		S	T	E	V	E
W	D	S		T	O	Y		E	S	S	E	S

Last Friday's Answer 10/24



STUMPED? For answers to today's crossword, call 1-900-226-5955! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Shenae Grimes, 33; Eliza Taylor, 33; B.D. Wong, 62; Kevin Kline, 75.

Happy Birthday: Take the mystery out of what's possible by doing your research and mapping out a solid plan. A unique approach that gives you carte blanche to oversee every detail will put your mind at ease and help you navigate your way to victory. Let your actions be your calling card. Turn your surroundings into your happy place. Your numbers are 2, 8, 17, 21, 27, 35, 43.

ARIES *(March 21-April 19):* Confusion will set in if someone keeps making changes. Speak up, ask questions and refuse to make a move without having all the facts and figures to make the right decision. Anger will slow things down, but incentives will bring positive results. ✪✪✪

TAURUS *(April 20-May 20):* Consider what it is you want. Envision how you see things turning out, then take a giant leap forward. Confidence will help you get others to see things your way and encourage you to do things by the book to ensure you avoid setbacks. ✪✪✪

GEMINI *(May 21-June 20):* Speak up, get your two cents in and be ready to debate your position. Intelligence and facts will help you make your case and win whatever battle you encounter. Recognition for a job well done looks promising. ✪✪✪✪✪

CANCER *(June 21-July 22):* Choose your friends and entertainment with care. When something or someone is perplexing, distance yourself until you figure out how to handle the situation. To avoid disappointment, get promises in writing. ✪✪

LEO *(July 23-Aug. 22):* Take better care of your health and home. Leave nothing to chance and oversee anything that others are doing for you. Change only what's necessary, and make a point to recycle whenever possible. Don't take on more than you can handle. ✪✪✪✪

VIRGO *(Aug. 23-Sept. 22):* You have more moves than you realize. Believe in who you are and what you stand for, and share what you have to offer. Take charge and grow your future on solid ground. A change will bring better results than anticipated. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Take nothing for granted and don't leave important issues in someone else's hands. Use your intelligence and experience to let others know your capabilities. A disciplined attitude will keep you one step ahead of the competition. A business trip or meeting is favored. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* Take care of the paperwork, finances, health issues or legal matters. Work diligently to ensure you have left nothing undone or open for criticism. Stick close to home and steer clear of anyone trying to pick a fight. ✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Honest communication will keep you on the right path. Be passionate regarding your beliefs and concerns. Protect what's near and dear to you from those trying to lead you astray or scam you. Take the safe route. ✪✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* You'll gain more if you listen instead of talk. Expect someone to use misinformation to push you in a direction that isn't right for you. Pay attention to how you look and feel. Make diet and exercise priorities. ✪✪

AQUARIUS *(Jan. 20-Feb. 18):* Put a financial plan in place that eliminates debt. Investing more money and time in something that will further your interests and offer financial gain is favored. Update documents and tidy up loose ends. ✪✪✪✪✪

PISCES *(Feb. 19-March 20):* Pay more attention to how you present yourself. Update your look and strut your stuff. Compliments you receive will build confidence and help you get what you want. Speak up and lay out a plan that is hard to resist. ✪✪✪

Birthday Baby: You are demonstrative, resourceful and sensitive. You are dynamic and alluring.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

			3	7		2	1	
8	3			6			4	
9		1	5			6		
						1		8
1	5			2			3	4
3		7						
		6			4	8		7
	9			8			2	1
	8	5		1	7			

Difficulty Level ★ 10/24

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Last Friday's Answer

9	8	1	3	7	4	5	6	2
2	4	3	9	5	6	8	1	7
6	7	5	2	8	1	9	4	3
8	6	2	4	1	7	3	9	5
1	9	7	6	3	5	4	2	8
3	5	4	8	2	9	6	7	1
4	2	8	1	9	3	7	5	6
7	1	9	5	6	8	2	3	4
5	3	6	7	4	2	1	8	9

Difficulty Level ★★★★ 10/21

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WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

HOME AND COZY Solution: 5 letters

C	G	S	H	O	W	E	R	H	O	T	S	E	R	R
M	R	N	R	F	I	R	E	P	L	A	C	E	O	L
T	S	O	I	E	E	F	F	O	C	E	L	B	O	Q
Ⓢ	R	L	C	H	P	E	A	C	E	I	E	U	M	U
N	Ⓞ	O	A	H	T	P	S	O	F	T	N	M	S	I
O	R	Ⓕ	F	E	E	O	I	E	A	G	O	O	W	L
I	E	Y	Ⓐ	M	M	T	O	L	E	S	S	V	O	T
T	L	Y	B	B	O	H	O	S	S	K	A	I	L	H
A	A	P	A	A	H	C	W	E	T	C	E	E	L	G
T	X	L	K	T	O	E	V	E	A	O	S	S	I	I
I	A	A	E	H	A	E	I	T	L	S	O	U	P	L
D	T	N	C	T	N	U	I	S	K	C	A	N	S	N
E	I	T	E	I	Q	O	S	E	I	K	O	O	C	U
M	O	R	N	I	N	G	S	P	A	J	A	M	A	S
H	N	G	N	I	D	D	E	B	L	A	N	K	E	T

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Acid, Bicarbonate, Body, Boost, Calcium, Cardiovascular, Cells, Changes, Chemistry, Chloride, Coconut, Control, Cramps, Electric, Enhance, Fatigue, Fluid, Food, Functions, Glands, Hormones, Imbalance, Juice, Kale, Levels, Loss, Meats, Milk, Milligram, Potassium, Prevent, Refuel, Regulation, Sodium, Solution, Thyroid, Vital, Water

Last Friday's Answer: Pepper

The NEW **Volume 70** can be purchased online at www.WonderWordBooks.com, or call 1-800-642-6480.

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Javier, Astros romp 5-0 over Yanks, Cole, take 3-0 ALCS lead

NEW YORK (AP)—Cristian Javier and the Houston Astros aren't just beating the Yankees, they're chomping them up. And now Dusty Baker's team is on the verge of an astonishing four-game sweep.

Javier and Houston's bullpen combined on a three-hitter, Chas McCormick followed a dropped flyball with an early two-run homer and the Astros beat Gerrit Cole and the Yankees 5-0 on Saturday night to take a 3-0 AL Championship Series lead.

"We're not going to come out any slower than we did today," McCormick said after setting off another round of the Chas Chomp celebration in Houston's dugout. "We're going to be ready to play tomorrow and go for the sweep."

Trying for their second straight AL pennant, the 106-win Astros improved to 6-0 this postseason and need one win for their fourth World Series trip in six years. Houston aims to close out the series on Sunday night when Lance McCullers Jr. starts against Nestor Cortes.

Only one of 39 teams has recovered from a 3-0 postseason series deficit to win, Boston against the Yankees in the 2004 ALCS. Thirty teams completed sweeps.

AP

Houston Astros Chas McCormick (20) reacts as he rounds the bases after hitting a two-run home run against the New York Yankees during the second inning of Game 3 of an American League Championship baseball series, Saturday, Oct. 22, 2022, in New York.

Phillies 10, Padres 6

In Philadelphia, Bryce Harper stood on second base after a go-ahead double and ran his hands across the script "Phillies" on his jersey as Citizens Bank Park shook in ecstasy over a World Series that suddenly seemed oh-so-close.

Harper punched his fists toward the ground and blurted a cuss-filled exclamation sure to be printed on T-shirts everywhere in Philly:

"This is my (expletive) house!"

With one more win, it will be a home for the World Series.

Rhys Hoskins homered twice, Kyle Schwarber hit a solo shot into shrubbery and Harper doubled to put Philadelphia ahead for good in a wild 10-6 win over the San Diego Padres on Saturday night for a 3-1 lead in the NL Championship Series.

"I believe our team is built for October, I really do," Harper said.

Harper — who signed a 13-year, $330 million free-agent deal in 2019 — had made Philly both his home and a championship contender with a postseason already among the greatest in franchise history. He's hit in nine straight games, reached base in 10 straight games, is hitting .410 in the postseason and already told his team they weren't losing in the postseason.

"It's just a lot of fun to be able to be part of this group," Harper said. "It's a lot of fun to be able to come to the park every day knowing our fans are going to show out each night."

J.T. Realmuto also homered for the big-hitting Phillies, who are trying to become the first third-place team to reach the Fall Classic.

The Phillies send ace Zack Wheeler to the mound in Game 5 Sunday at Citizens Bank Park to try and clinch their first National League pennant since 2009. They haven't won the World Series since 2008.

"Yeah, you can't write it better," Hoskins said. "I can't imagine what tomorrow is going to be like."

Get the champagne ready, just in case.

No matter the outcome, Game 4 was one to remember for the Phillies and their fans.

The Phillies trailed 4-0 in the first and then chipped away, slugged away and finally put away the Padres. The clincher came in a four-run fifth inning against reliever Sean Manaea. Trailing 6-4, Schwarber walked to start the rally. Hoskins then ripped his second homer of the game—no bat spike, but just as dramatic—for the tying shot. Realmuto walked to set the stage for Harper.

The 2021 NL MVP lined the go-ahead double that rolled to the left-center wall for a 7-6 lead as the Philly crowd absolutely exploded. Harper then told the fans exactly where he lived — and his house is their home, too.

The Phillies fans refused to sit—and they had no reason to the rest of the game. Nick Castellanos singled in Harper to complete the scoring in the fifth.

Schwarber smashed the ball into the shrubs in dead center in the sixth for his third homer of this series and Realmuto punctuated the scoring with a solo shot in the seventh.

The Phillies 1-5 hitters went 9-for-18 with four homers, three doubles, nine RBIs and 10 runs scored.

Whew!

"You get the one big hit, it gets louder, and that's where you can really snowball things," Hoskins said. "We're not new to scoring runs in bunches, but in the playoffs when things are so much tighter and more intense, the crowd is one way to kind of let that snowball happen, and we saw it twice tonight."

The Padres and Phillies had already nearly stuffed nine innings worth of commotion into 48 minutes of a frenzied first.

Luka Doncic, Mavericks rout Grizzlies 137-96 in home opener

DALLAS (AP)—Luka Doncic scored 21 of his 32 points in the first quarter, and the Dallas Mavericks rode a hot start to a 137-96 victory over the Memphis Grizzlies in their home opener Saturday night.

Ja Morant scored the first six Memphis points, but the first bucket from someone else didn't come until the 4:30 mark of the first quarter as the Grizzlies trailed 39-17 going to the second.

Morant finished with 20 points a night after a 49-point showing in a victory at Houston gave him 83 points through two games. The Grizzlies were trying for their first 3-0 start in five years.

Christian Wood had 25 points and 12 rebounds in his home debut for Dallas following an offseason trade that brought the 6-foot-10 center from Houston.

The Mavericks led by 25 points in the first, and the 22-point margin after the quarter matched the lead the 2022 Western Conference finalists blew in a 107-105 loss at Phoenix to open the season.

Spurs 114, 76ers 105

In Philadelphia, Doug McDermott hit four 3-pointers and scored all 14 of his points in the second half and San Antonio sent Philadelphia to its third straight loss to open the season.

Devin Vassell scored 20 of his 22 points in the first half, and Keldon Johnson had 21. Coming off a 134-137 victory at Indiana on Friday night, the Spurs were 16 for 38 from 3-point range and had a 40-10 advantage in bench points.

Joel Embiid had 40 points as Philadelphia fell to 0-3 for the first time since 2016-17. Tyrese Maxey added 25 points, Tobias Harris had 15 and James Harden 12.

Pacers 124, Pistons 115

In Indianapolis, rookie Bennedict Mathurin scored 27 points, hitting three 3-pointers in a pivotal third quarter, and Indiana beat Detroit to snap a 12-game losing streak dating to last season.

The Pacers dropped their first two games of the season at home this week.

Mathurin, a 20-year-old Canadian forward selected sixth overall, made the three 3-pointers in a 2:20 span as the Pacers surged to an 88-79 lead after three quarters. Pacers point guard Tyrese Haliburton added 24 points.

Cade Cunningham led the Pistons with 22 points.

Celtics 126, Magic 120

In Orlando, Fla., Jayson Tatum and Derrick White combined for 12 straight points late in the fourth quarter to help Boston beat Orlando.

Tatum had 40 points and eight rebounds. He launched a 10-2 run with two free throws with 4:08 remaining to put the Celtics up for good. White scored 27 points, two short of his career high, to help the Celtics win for the second straight night.

Terrence Ross led the Magic with 29 points, rookie Paolo Banchero had 23 and Franz Wagner added 18. The Magic dropped to 0-3 in losing for the Celtics for a 10th straight time.

Heat 112, Raptors 109

In Miami, Jimmy Butler scored 24 points, Max Strus added 20 off the bench and Miami beat Toronto to stop a season-opening two-game slide.

The teams will meet again Monday night in Miami.

Miami's Kyle Lowry had 17 points against his former club, Tyler Herro had 14 and Bam Adebayo added 10 for the Heat.

Pascal Siakam and Gary Trent Jr. each scored 23 points for Toronto, which got 18 points and 11 rebounds from former Heat forward Precious Achiuwa.

The Heat saw a 24-point lead cut to six early in the fourth, with Toronto getting on a huge roll after a scuffle — which spilled into a row of baseline seats — seemed to inspire the Raptors. Toronto's Christian Koloko and Miami's Caleb Martin were both ejected with 7:46 left in the third quarter.

Bucks 125, Rockets 105

In Milwaukee, Giannis Antetokounmpo scored 44 points and became Milwaukee's career free throws leader as the Bucks rolled past Houston.

Antetokounmpo went 8 of 13 from the foul line to increase his total to 3,508 free throws out of 4,891 attempts (71.7%). Sidney Moncrief made 3,505 free throws with the Bucks from 1979-89.

Jalen Green led Houston with 22 points.

Nuggets 122, Thunder 117

In Denver, Nikola Jokic tied Wilt Chamberlain for sixth place with his 78th triple-double and Jamal Murray scored 16 points in his first game at Ball Arena in more than 18 months as Denver outlasted Oklahoma City.

Murray sank a pair of free throws with 9.7 seconds left to put the Nuggets ahead by four and Jokic capped the scoring by sinking one of two foul shots with 2.5 seconds remaining.

Jokic had 19 points, 16 points and 13 assists. Michael Porter Jr. added 22 points. Shai Gilgeous-Alexander led the Thunder with 28 points.

Cavaliers 128, Bulls 96

In Chicago, Donovan Mitchell scored 32 points and Cleveland pounded Chicago in the Bulls' home opener.

Mitchell just missed a triple-double with nine rebounds and eight assists, after scoring 31 points in his Cleveland debut.

Zach LaVine led Chicago with 23 points after missing the first two games with the team trying to manage his left knee after he had surgery in May.

Clippers 111, Kings 109

In Sacramento, Calif., Paul George scored 40 points to help the Los Angeles Clippers hold off the Sacramento Kings.

Sacramento went on an 11-4 run to cut the game to 109-106 before George missed a step-back three and Nicolas Batum secured an offensive rebound. Norman Powell knocked down both free throws and De'Aaron Fox hit a shot at the buzzer for the margin.

The Clippers (2-0) were missing Kawhi Leonard and new acquisition John Wall. Both players didn't play because of knee injury management. They traveled with the team to Sacramento and worked out pregame.

NMIBF successfully resurrects village hoops

MARK RABAGO
mark_rabago@saipantribune.comx
ASSOCIATE EDITOR

The 2022 Marianas Village Pride Basketball League finally got rolling last Saturday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

The league marked the successful return of village hoops with the Northern Mariana Islands Basketball Federation-organized competition drawing 19 teams in the U13, U18, and women's open divisions.

The league, which is the successor of the Inter-Village Youth Basketball League that was run by the defunct Division of Sports and Recreation, was supposed to kick off last Oct. 15 but a leaking roof at the TSL Sports Complex postponed the opening for a week.

When it finally got going last Saturday it was routs galore as Tanapag's U13 and U18 teams and San Vicente's women's open team wiped the floor clean of their respective opponents.

MARK RABAGO

Northern Mariana Islands Basketball Federation vice president David Abating does the ceremonial toss between Tanapag and Garapan in the first game of the 2022 Marianas Village Pride Basketball League last Saturday at the Gillette Multi-Purpose Gymnasium in Gualo Rai.

In the first game, Tanapag spotted Garapan 12-0 in the opening minutes of their U13 clash before settling for a 22-6 lead at halftime.

Garapan continued to grope for form in the second half, as Tanapag cruised to the 41-point win. Dane Tibayan led the victors with 16 points, while teammate Dale Garcia added 10 markers.

Leon Galarse was a one-man army for Garapan as he scored all but 6 of the team's total output with 22 points.

In the second game, Destiny Pangelinan showed that she's truly the future of women's hoops after leading San Vicente to a 45-28 drubbing of San Jose, Tinian.

The women's national team mainstay fired 32 points that was spiked by seven triples. Fellow point guard and national player Irish Pagarao paced San Jose in the loss with 12 points.

Tanapag then made it 2-0 for the day when their U18 team crushed Dandan, 62-25.

Dandan actually was still within firing range in the first half as they only trailed by 12 points. Tanapag, however, blew them out of the water in the second half to turn the rest of the game into garbage time.

Gino Asauo top-scored for Tanapag with 18 points, while national player Frankie Satur controlled the inside with his 15 markers. Kenny Lacquian was the lone bright spot for Dandan with his 13 points.

NMIBF president James Lee and Northern Marianas Sports Association president Jerry Tan graced the league's opening and encouraged villages to create their own hoops programs and own teams for the grass-roots development of the sport.

First Game

Tanapag 53 – Tibayan 16, Garcia 10, Tenorio 6, Hong 6, Lucerio 5, Rectitud 4, Murphy 2, Surima 2, Esdrelon 2.

Garapan 28 – Galarse 22, McClure 2, Maratita 1.

Scoring by halves: 22-6, 65-24.

Second Game

San Vicente 45 – Pangelinan 32, Roligat 7, Ramos 2, Sagarino 2.

San Jose 28 – Pagarao 12, Pablo 7, Alferos 4, Breakenridge 4.

Scoring by halves: 28-17, 45-28.

Third Game

Tanapag 62 – G. Asauo 22, Satur 15, Hocog 7, Toves 6, Propst 4, Roquepo 2, Abendan 2, H. Asauo 2.

Dandan 35 – Lacquian 13, David 7, Suba 8, Tengco 3, Balignasay 2, Islam 2.

Scoring by halves: 29-17, 62-35.

LADY

From Page 20

way to the finals to face SIS for the last time.

ACS won third place after they defeated Mount Carmel School in three sets and lost to GCA in two sets.

Six-time championship coach Libut was filled with mixed emotions after the championship match.

"It's really sad but we're so happy because we gave them the last championship. Actually, for those seniors, they have six in a row, because there were two in the JV… they worked so hard."

About the team collectively, he said "I think you can tell they were undefeated, but this morning, they're still practicing. They woke up early, and still practiced. It's hardwork and dedication—they really want it. I'm just telling them and guiding them; it's their thing and I'm so proud of them. I'm so blessed actually. It's when you have players like that, they will inspire you to wake up in the morning and be with them…I just want to say thank you also to all the parents…they've all sacrificed early in the morning coming here. Without them we won't be able to do it, so, glory to God," said Libut.

His parting words were a foreshadowing of next season, "I hope we're going to have this [championship] again next year."

The seniors who were interviewed after the game collectively said they were sad that they are graduating and leaving their team behind, but thankful for the win, their team, and their supporters.

"It's sad because we've been playing so long together—we all started in sixth grade so we've made so many memories together," said Elliot.

"It's sad but we're leaving a good team behind," added Saures.

Vicky Wang thanked their coaches, saying "they work really hard with us every morning for practice and afternoon. They always put us as priority and they always come with us even when it's raining and they're always there for us."

The girls then thanked everyone and said "we are thankful that we have a great team that all support each other and were there for each other no matter what… we thank our supporters and the coordinators who really worked behind the scenes to put this all together."

Aside from seniors Elliot, Saures, Wang, and Soleil Lamar, the rest of the Lady Eagles roster include Azriel Fatialofa, Allyssa Omampo, Cassie Regan, and Eunice Pagaduan.

The SIS Geckos had a good and tough run, placing second this year after placing third last year.

SIS head coach Stacy Eno said "being second place is a big deal. Last year was my first year coaching. I came from off-island and learning the girls, just stepping in was a big thing. So every year we're just aiming to get one step toward first place… we're hoping for first next year. But I'm really proud. This season was a hard season. A lot of illness going around, a lot of injuries, a lot of people off-island, so when we pulled together for the tournament, it was really nice to see the results that we did. So I'm very proud of them and they should be proud of themselves."

The Public School System Girls High School Volleyball League 2022-2023 was held with help from the Northern Mariana Islands Volleyball Association.

MATANSA

From Page 20

followed up by Garret Weaver for a 5-1 game.

The extent of the WNT's attempted damage toward Matansa ended after Jannah Casarino scored their last goal in the 65th minute. Their defense collapsed at Matansa's three more successful attacks on the goal, courtesy of Maxwell Church, Mister once again, and Harry Kapwich for the final score of 8-2.

Chang Bai Hu 3, Shirley's FC 2

In the first Division B game of the night, Chang Bai Hu defeated Shirley's Football Club, 3-2.

Chang Bai Hu drew first blood almost at the end of the first half made by Jin Xian Chen. Shirley's Dhiraj Chhetri then got a hold of the ball and equalized the game four minutes later in the 30th minute.

Sean Gil then made the last Shirley's goal two minutes later but the team couldn't capitalize on their one-goal lead as they were silenced in the second half. Chang Bai Hu's Min Guang Xu tied it up once more and Kai Xin Zhu scored the tie-breaking goal in the 49th minute, for the final score of 3-2.

Results of the Sunday, Oct. 16, Marianas Soccer League Division A games will be posted in the next editions of *Saipan Tribune.*

BEACH

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The Saipan International School student said having zombies may or may not have played a part in her being one of the top survivors.

"At the end it did because I was trying to keep up with Lolo (Lovel) and we were sprinting at the end and I think I haven't sprinted as fast in a 5K like that…It was because of Lovel more than the zombies because it's so hard to beat her."

Ruszala also said running in the evening and during a rainshower was a different experience.

"It was cool and refreshing running in the dark. The rain was really hard; it felt like people were hitting me with rocks… I feel good and I feel tired at the same time, [but] I have glory!" she said.

Zhuang, meanwhile, was the king of the zombie run with the 16-year-old Agape Christian School "infecting" 10 runners after capturing 10 flags.

Marianas High School's Pony Tang was runner-up with six infected with Daniel Li and David Chen tied for third after turning four runners into zombies each.

The rest of the zombie hoard consisted of Rex Pixley, Michael Mancao, Sildrey Veloria, Shigeki Tenorio, Simon Tang, Samuel Zhu, Jireh Wang, and David Zhao.

Zhuang said making the Beach Road 5K into a zombie run more than a week before Halloween was a nice twist.

"I love this type of run. It's a very nice run. It makes me run faster. I have a goal to get flags and this run was very fun," said the ninth grader.

Run Saipan president Edward Dela Cruz Jr. said the Beach Road 5K/zombie run exceeded all his expectations.

"Everyone had fun, especially Agape Christian School. They didn't want to participate as zombies but they ended up coming out with the most wins and they commented it was so much fun. The intent was to have all human participants have that fear gripping their hearts that they are being chased in order to bring out faster 5K times which it did. [Oceania Athletics Association] president Robin Sapong even asked me if I placed people in the correct divisions because of how fast everyone was coming in."

Dela Cruz also thanked all the runners who gladly took part in the zombie run, which was a last-minute and surprise announcement.

"It was a good beta test. I'm very grateful to the runners who helped me that day and agreed to be participants for the test drive. I owe you all a huge debt of gratitude. It was optional for participants to put on the flag. The ones that did were team players, thank you to them."

Aside from Sapong, the Run Saipan head also thanked Camacho for taking part in the zombie run and restrained himself from rear-naked choking any of the pursuing zombies.

"Special shout out to Frank "The Crank" for participating not only in our 5K but part of the beta test! Also thank you to Marianas High School Physical Education Department. If it wasn't for them we wouldn't have been able to do the zombie run at all. Thanks Dan Wollack and team!"

Results of the actual Beach Road 5K race will be published in tomorrow's issue of *Saipan Tribune.*

TRIBUNE SPORTS SCORES

NBA STANDINGS

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
Boston	3	0	1.000	—
Brooklyn	1	1	.500	1½
New York	1	1	.500	1½
Toronto	1	2	.333	2
Philadelphia	0	3	.000	3

Southeast Division

Atlanta	2	0	1.000	—
Washington	2	0	1.000	—
Charlotte	1	1	.500	1
Orlando	0	3	.000	2½
Miami	1	2	.333	1½

Central Division

Milwaukee	2	0	1.000	—
Detroit	1	2	.333	1½
Chicago	1	2	.333	1½
Cleveland	1	1	.500	1
Indiana	1	2	.333	1½

WESTERN CONFERENCE

Southwest Division

Memphis	2	1	.667	½
New Orleans	2	0	1.000	—
San Antonio	2	1	.667	½
Dallas	1	1	.500	1
Houston	0	3	.000	2½

Northwest Division

Utah	2	0	1.000	—
Portland	2	0	1.000	—
Denver	2	1	.667	½
Minnesota	1	1	.500	1
Oklahoma City	0	2	.000	2

Pacific Division

L.A. Clippers	2	0	1.000	—
Golden State	1	1	.500	1
Phoenix	1	1	.500	1
Sacramento	0	2	.000	2
L.A. Lakers	0	2	.000	2

BY THE ASSOCIATED PRESS

Javier, Astros romp 5-0 over Yanks, Cole, take 3-0 ALCS lead

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Sports

NMIBF successfully resurrects village hoops

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Lady Eagles complete six-peat

LEIGH GASES

Six-time Public School System Girls High School Volleyball League champions Grace Christian Academy Lady Eagles poses for a photo with their trophy and medals after their championship game against Saipan International School last Saturday at the Marianas High School Gymnasium. Inset, Hye Jin Elliot goes in for a spike after a perfect set from fellow senior Katriel Saures, right.

By LEIGH GASES
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CORRESPONDENT

The Grace Christian Academy Lady Eagles varsity team is synonymous with volleyball champions as they achieved an unprecedented sixth straight championship by knocking out Saipan International School in the title bout of the Public School System Girls High School Volleyball League 2022-2023 last Saturday at the Marianas High School Gymnasium.

The first set blew by, with the Lady Eagles winning 21-13 and clinched their sixth championship after the Lady Geckos put up a good fight, but crumbled under the weight and sheer force of the Lady Eagles' flurry of spikes and almost untouchable serves in the second set win of 21-8.

Throughout the game, graduating GCA setter Katriel Saures continuously and perfectly set up the ball for fellow senior Hye Jin Elliot and super freshman Azriel Fatialofa to spike fast and furiously into the opponent's court with barely any returns from the Lady Geckos.

The Cesar Libut-coached Lady Eagles came into the playoffs undefeated after winning all seven games of the regular season.

Throughout the regular season and the postseason, the Lady Eagles were always quick on their feet and deadly with their spikes, which they continued their synchronization in the two-set final match against the overmatched Lady Geckos.

In the double-elimination tournament format, GCA first defeated Kagman High School, then took their first jab at SIS which they defeated as well. The Lady Eagles eventually reached the semi-finals against Agape Christian School and shoe-shined their

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Beach Road 5K morphs into zombie run

MARK RABAGO
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ASSOCIATE EDITOR

MARK RABAGO

Participants of Run Saipan's Beach Road 5K that quickly turned into a zombie run pose for a group after the event last Friday.

Lovel Spaeth and Leilani Ruszala were the top "survivors" and Enoch Zhuang was the top "zombie" during Run Saipan's Beach Road 5K that quickly turned into a zombie run last Friday along Beach Road.

Spaeth and Ruszala led six survivors who evaded the zombies made up of Saipan's fastest runners. Both successfully made it to the imaginary rescue helicopter with all their football flags intact. They were joined by Keoni Ruszala, Declan Spaeth, Adam Walsh, and Ultimate Fighting Championship veteran Frank "The Crank" Camacho.

Leilani Ruszala said it was fun battling her friend Lovel Spaeth in the zombie run.

"It was very exciting and also very scary because I didn't want my flag to be taken and everytime someone caught up with us I thought that person was a zombie."

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Matansa FC thumps WNT Development Team in MSL

CONTRIBUTED PHOTO

Matansa Football Club players in yellow go against Shirley's Football Club in one of their games of the Marianas Soccer League Fall Season 2022 at the NMI Soccer Training Center in Koblerville.

By LEIGH GASES
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CORRESPONDENT

Matansa Football Club beat the WNT Development Team, 8-2, in the Marianas Soccer League Fall Season 2022 Division B game last Oct, 14 at the NMI Soccer Training Center in Koblerville.

Gabriel Arkoh Jr. busted the game open two minutes in and scored the first goal for Matansa. The WNT tried to set up for a counter attack but were rejected throughout the first half as they were unable to score. Meanwhile, two more goals were made in the first half by Dylan Mister to put Matansa up 3-0 leading into the second half.

Kaithlyn Chavez of the WNT finally put the ladies up on the board in the 49th minute but were still behind by two. The lead widened in the 54th minute as Arkoh broke through the net once again and was

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